

Department of Recreation and Parks



City of
Rockville
Get Into It

Recreation Guide

Summer 2015

Preschool

Children

Teens

Adults

Seniors

*See Page 2
For Summer
Registration Dates*

www.rockvillemd.gov/recreation • 240-314-8620

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**Senior and Swim Member program
registration begins May 14**

Summer registration begins May 19



Soccer in the City!

Come play in one of Rockville's cool green parks this summer! Learn new skills, met new friends and have fun!

Photo by: Laura Creech

Rockville Earns National Recognition for Healthy Initiatives

Let's Move! - Rockville achieved gold medals in all five categories and was recognized by the National League of Cities.

Playful City USA - The City was recognized as a leader in providing all children easy access to balanced and active play.

Rockville's Mayor and Council passed a resolution to be a **Healthy Eating Active Living** community, encouraging healthy living among residents and employees.



Seasonal Guides at a Glance



Fall

2015

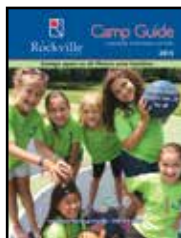
August 7 (online)
Registration begins
August 13



Winter

2015/16

November 19 (online)
Registration begins
December 3



Summer Camps

2016

January 4 (online)
Registration begins
January 19



Spring

2016

February 23 (online)
Registration begins
March 10

Online:

www.rockvillemd.gov/recreation

Pick Up:

Copies of the Guide are available at:

Rockville City Hall
Rockville Community Centers
Rockville and Twinbrook Libraries

For more information
240-314-8620

What's Happening in Rockville?

Have a list of Rockville's weekly events delivered to your email, every Thursday.

- Recreation and Parks programs
- Special events
- Important meetings and more ...

Sign up today and look to the week ahead.

www.rockvillemd.gov/thisweek



Tots/Preschool

We love parents . . . but in order to assist us in offering a quality programs for your preschooler, we ask that you do not remain at the class unless it is otherwise stated in the description. Experience has shown that preschoolers are easily distracted due to their short attention spans.

Note: Classes with low enrollment will be cancelled 7-10 days prior to first class. Register early to avoid cancellations. **For holidays and no class dates, see <http://rockenroll.rockvillemd.gov>. Enter course number to view course details.**

Arts, Dance and Enrichment

Music Together (Adult/Child)

Nurture your child's natural enthusiasm for music and movement through singing, dancing, chanting and instrument play. Children have an innate ability to learn music as language. Fee includes two Music Together trademark CDs, illustrated songbook and parent education materials. Cost of materials is non-refundable. Sibling fee is \$89. Siblings under 8 months may attend for free (no registration necessary). Fax, mail or walk-in your registration for siblings 9 months and older to receive a discount. Adult participation required.

Age: 1 month-5 years

51197	W	6/17-7/22	9:30-10:15 AM	\$120/\$139/\$89
51198	W	6/17-7/22	10:30-11:15 AM	\$120/\$139/\$89
Thomas Farm CC/Liddle				

51199	Th	6/18-7/23	9:30-10:15 AM	\$120/\$139/\$89
51200	Th	6/18-7/23	10:30-11:15 AM	\$120/\$139/\$89
Twinbrook CRC/Winkler				

51201	F	6/19-7/24	10:30-11:15 AM	\$120/\$139/\$89
51202	F	6/19-7/24	11:30-12:15 AM	\$120/\$139/\$89
Rockville Swim and Fitness Center/Winkler				

Pre-Ballet

Introduce your child to dance, movement and basic ballet techniques. Rhythm, coordination and fun are emphasized. Ballet shoes, loose-fitting clothing or leotards and tights are recommended but not required. Ballet barres are provided at Rockcrest Ballet Center.

Age: 3-4

51205	Sa	6/20-8/8	10-10:45 AM	\$72/\$82
Twinbrook CRC/Simpson				

51207	Sa	6/20-8/15	11-11:30 AM	\$82/\$92
51208	Sa	6/20-8/15	11:45-12:15 AM	\$82/\$92
Thomas Farm CC/Kwong				

51210	Sa	6/20-8/1	10-10:45 AM	\$72/\$82
Rockcrest Ballet Ctr./Chongpinitchai				

Age: 4-5

51206	Sa	6/20-8/8	11-11:45 AM	\$72/\$82
Twinbrook CRC/Simpson				

52024	Sa	6/20-8/15	10 AM-10:45 PM	\$82/\$92
Thomas Farm CC/Kwong				

Tots/Preschool

Princesses and Knights

Join us for a magical morning of creative movement as we imagine we are princesses, ballerinas, knights, and superheroes! Come dressed up and ready to have fun with dancing, jumping, and an art project to take home. Ballet shoes, jazz shoes, or socks recommended. Please bring a healthy snack. Age: 4-7

51235	Tu & Th	6/23 & 6/25	10-11:30 AM	\$25/\$29
51236	Tu & Th	6/30 & 7/2	10-11:30 AM	\$25/\$29

Rockcrest Ballet Ctr./Langdon

Child Care - Preschool

Professional, caring staff with years of experience provide a safe nurturing environment for your child.

Montrose Discovery Preschool

Preschoolers will learn through play while participating in learning centers, music, cultural activities, arts, crafts and outdoor time. Experienced staff develop programs designed to focus on the social and academic skills necessary for Kindergarten, while promoting self-confidence and individual expression. Vouchers are accepted and additional financial support is available. Children must be 3 years old and toilet trained to start. Call 240-314-8631 for additional information or to schedule a tour. Spaces are limited.

Age: 3-5				
51257	M-F	8/31-6/3	8 AM-6 PM	\$855/\$959
51258	M-F	8/31-6/3	9 AM-12:30 PM	\$545/\$629

Montrose CC

Fitness and Wellness

We recommend bringing a water bottle to all fitness programs.

Tiny Tigers

Help your child improve his or her concentration and attention span. Enhance motor skills including balance, agility and coordination while developing sharing and social skills in a safe, fun-filled atmosphere. Fee includes uniform for first time students. Age: 3-4

51767	M & W	6/22-7/22	6-6:30 PM	\$99/\$109
51768	Tu & Th	6/23-7/23	4-4:30 PM	\$99/\$109

Kicks Karate/Staff

Sports - Instructional

We recommend bringing a water bottle to all sports programs.

Little Tennis Aces

Play tennis with your youngster in this U.S.T.A. class, designed to teach skills fast so everyone keeps moving. Proper grip, footwork and ground strokes are taught. Equipment is provided. Adult participation required.

Age: 4-5				
51708	Su	6/21-7/26	10:15-11 AM	\$69/\$79

Thomas Farm CC - Indoor gym/Z. Yargici

Tiny Tykes Basketball

Your little one will enjoy some exercise and fun and learn the basics of basketball: dribbling, passing and shooting. Socialization, teamwork and good sportsmanship will be emphasized.

Age: 4-5				
51770	Sa	6/20-8/1	10:15-11 AM	\$69/\$79

Thomas Farm CC/Webb

KUNG FU CUBS

Fun Martial Arts Activities

Ages 3-4

**Fridays, 5-5:45 p.m.
June 26 – August 14**



**\$69 residents
\$79 nonresidents
Course #52022**

**Thomas Farm
Community Center**

Time for Toddlers



Tiny Tots Drop-In

Tuesdays, 10 a.m. - Noon

Tiny Tot Book Swap, July 28
Thomas Farm Community Center
240-314-8840

Toddler Time

Wednesdays, 10 a.m. - Noon

Lincoln Park Community Center
240-314-8780

Polliwog Adventures

Select Thursdays, 10-11:30 a.m.

(Pre-registration required)

Croydon Creek Nature Center
240-314-8770

A resource for children's activities,
classes and sports in Montgomery County

CLIMB
ABOARD
THE ROCKET



activityrocket.com

Search. Share. Simple

Get into Summer!!

Family Movie Nights in the Park

Watch a movie on the BIG screen.

Bring your family and friends, lawn chairs,
blanket and dinner. Don't forget bug spray!

Popcorn and refreshments will be sold.

Movie will be shown in English.

All Ages - \$3

Isreal Park

Fri., July 17, 8:30 p.m. (sunset)

Lincoln Park Community Center

Twinbrook Community Rec. Center

Fri., Aug. 7, 8:30 p.m. (sunset)

Party Time!

Theme Parties

Croydon Creek Nature Center

www.rockvillemd.gov/croydoncreek
240-314-8770

Gymnasiums

Lincoln Park Community Center

www.rockvillemd.gov/lpcc
240-314-8780

Thomas Farm Community Center

www.rockvillemd.gov/thomasfarm
240-314-8840

Twinbrook Community Recreation Center

www.rockvillemd.gov/twinbrook
240-314-8830

Outdoor Rentals

(April 1 - Oct. 31)

Lincoln Park Community Center

www.rockvillemd.gov/lpcc
240-314-8780

Thomas Farm Community Center

www.rockvillemd.gov/thomasfarm
240-314-8840

Rockville Park Picnic Areas

www.rockvillemd.gov/parks-facilities
240-314-8660

Multi-Purpose Rooms

Croydon Creek Nature Center

www.rockvillemd.gov/croydoncreek
240-314-8770

Elwood Smith Recreation Center

www.rockvillemd.gov/parks-facilities
240-314-8660

Glenview Mansion and Fitzgerald Theatre Social Hall

www.rockvillemd.gov/glenview
240-314-8660

Lincoln Park Community Center

www.rockvillemd.gov/lpcc
240-314-8780

Pump House Community Center

www.rockvillemd.gov/parks-facilities
240-314-8660

Rockville Senior Center

www.rockvillemd.gov/seniorcenter
240-314-8800

Rockville Swim and Fitness Center

www.rockvillemd.gov/swimcenter
240-314-8750

Thomas Farm Community Center

www.rockvillemd.gov/thomasfarm
240-314-8840

Twinbrook Community Recreation Center

www.rockvillemd.gov/twinbrook
240-314-8830



Children

A message for parents . . . We require, for most programs, that children are the required age as of the date of the first class. All age requirements are set to benefit the child and allow for more consistent program instruction. In some instances, the requirements have been set for the child's safety. If your child does not meet the age requirements by the start of class and you would like to request an exception, please fax, mail or walk-in your child's registration form. Note: Classes with low enrollment will be cancelled 7-10 days prior to first class. Register early to avoid cancellations. **For holidays and no class dates, see <http://rockenroll.rockvillemd.gov>. Enter course number to view course details.**

Arts, Dance and Enrichment

Ballet for Children

Learn the art of ballet through an elementary but professional approach. Register for the appropriate level which may be changed at the discretion of the instructor. Solid color leotard and ballet shoes recommended. Children should remain in Beginner for two years, then move on to Intermediate for four years before progressing to Advanced. Students with demonstrated proficiency are encouraged to perform with the Rockville Civic Ballet. Those previously enrolled at the RBC should register for the same class. Participants registering for two or more classes may apply a \$5 discount. Register by mail, fax or walk-in to receive a discount. See Teen section for more classes.

Young Beginner - Age: 5-7

51190	Sa	6/20-8/1	11-11:55 AM	\$72/\$82
Rockcrest Ballet Ctr./Chongpinitchai				

Beginner - Ages 5-13

51188	F	6/26-8/14	5-6 PM	\$72/\$82
Rockcrest Ballet Ctr./Simpson				

Beginner - Age: 6-12

51192	Sa	6/20-8/1	12:15-1:10 PM	\$72/\$82
Rockcrest Ballet Ctr./Chongpinitchai				

Beginner - Age: 6-12

51184	Tu	6/23-8/4	4:15-5:15 PM	\$72/\$82
Rockcrest Ballet Ctr./Simpson				

Beginner Plus - Ages 6-12

51189	F	6/26-8/14	6-7 PM	\$72/\$82
Rockcrest Ballet Ctr./Simpson				

Intermediate III & IV - Age: 7+

51183	M	6/22-8/3	4:45-5:45 PM	\$72/\$82
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Intermediate III & IV - Age: 9+

51186	W	6/24-8/5	4:45-5:45 PM	\$72/\$82
Rockcrest Ballet Ctr./Mangan				

Advanced Children & Young Teens - Age: 12+

51185	Tu	6/23-8/4	5:15-6:15 PM	\$72/\$82
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Advanced Children & Young Teens - Age: 12+

51187	Th	6/25-8/6	5:15-6:15 PM	\$72/\$82
Rockcrest Ballet Ctr./Mangan				

Children

Clubhouse Afterschool

This afterschool program is designed for children to spend time learning, creating and exploring. Van transportation is provided from Maryvale ES. All other local school students are transported by MCPS request. Homework time, snack, crafts and games are scheduled daily. Field trips and special events are held throughout the year. OASIS: CATCH Healthy Eating Habits has teamed up with LPCC to provide a unique nutrition and physical activity program weekly to each participant. Clubhouse is not held on MCPS non-school days but is open on half days. Note: All children must be picked up by 6:30 p.m. Extra charges will apply for late pick-ups.

Ages K-5

52041	M-F	8/31-10/9	3:30-6:30	\$95/135
52042	M-F	10/12-11/20	3:30-6:30	\$95/135
52043	M-F	11/23-1/8	3:30-6:30	\$95/135

Tapping Toes *New*

Have you always wanted to tap? Here is your chance. Join us for a tapping good time! Note: Tap shoes required. Wear comfortable clothes.

Age: 7-14

51229	W	6/17-7/22	5:30-6:15 PM	\$59/\$65
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Twinbrook CRC/DeLuca

Tiny Tots Book Swap

Bring your gently used children's books and CDs. For each item, you will be given one ticket that can be used to select for a different item. Take part in games, crafts and enjoy refreshments. Adult members free; non-members pay daily pass fee.

Age: 6 months-4 years

51222	Tu	7/28	10 AM-12 PM	Children \$2
51224	Tu	7/28	10 AM-12 PM	Adults \$6/\$8

Thomas Farm CC

Before and After School Enrichment

Early Birds

This morning program offers children a safe and fun environment. Computer lab, crafts, organized games and other enrichment activities are offered. Transportation is provided to Twinbrook ES. The program does not meet on MCPS non-school days. Note: Optional daily drop-in is available for a \$10 daily fee.

Age: 5-11

51936	M-F	8/31-10/9	7-9 AM	\$120/\$130
51937	M-F	10/12-11/20	7-9 AM	\$120/\$130
51938	M-F	11/23-1/8	7-9 AM	\$120/\$130

Twinbrook CRC Annex

After School Adventure

This afternoon program provides children with a safe and fun environment. Computer lab, crafts, organized games and other enrichment activities are offered. Transportation is available from Meadow Hall ES and Twinbrook ES. The program does not meet on MCPS non-school or early release days.

Age: 5-11

51933	M-F	8/31-10/9	3-6:30 PM	\$145/\$165
51934	M-F	10/12-11/20	3-6:30 PM	\$145/\$165
51935	M-F	11/23-1/8	3-6:30 PM	\$145/\$165

Twinbrook CRC Annex

Fitness and Wellness

We recommend bringing a water bottle to all fitness programs.

Karate - Tang Soo Do Youth

This program is designed specifically for beginners and can help your child improve self-discipline, develop better concentration and improve academic performance. Fee includes uniform for first time students.

Little Ninjas - Age: 5-7

51700	M & W	6/22-7/22	4-4:40 PM	\$99/\$109
51701	Tu & Th	6/23-7/23	5:55-6:35 PM	\$99/\$109

Youth - Age: 8-12

51702	M & W	6/22-7/22	(M) 3:45-4:30 PM (W) 4:30-5:15 PM	\$109/\$119
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51703	Tu & Th	6/23-7/23	6:30-7:15 PM	\$109/\$119
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Kicks Karate/Staff

Kids Fit Yoga

Did you know that in addition to improving strength, flexibility and body awareness, yoga can help increase focus and concentration? And if you're looking for cross-training for other sports, this class can help with injury prevention as well as improve neuromuscular coordination. Beginning and experienced students welcome.

Age: 8-12

51918	Sa	6/20-8/8	10:15-11 AM	\$86/\$99
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Rockville Swim and Fitness Center/Groman

Children

Kung Fu Tigers

Join us for fun, fitness and self-defense as you learn a variety of Kung Fu moves that will improve your coordination, physical fitness and stamina.

Age: 5-10
51705 M 6/22-8/10 6-7 PM \$69/\$79
Elwood Smith RC/Thompson

Parent/Child Fitness

With a focus on functional movement, this class for parent and child will use games to work on strength drills alternated with cardio intervals for a total body blast.

Age: 5+
51919 W 6/17-8/5 4:30-5:30 PM \$64/\$75
Rockville Swim and Fitness Center/Main

PE for Homeschoolers

Aimed at helping parents meet physical education requirements for their home-schooled children, this class will focus on the basic fundamentals of different physical activities and sports.

Age: 5-15
51921 F 6/19-8/7 1:30-2:30 PM \$64/\$75
Rockville Swim and Fitness Center/Serrano Gonzalez

Taekwondo for Kids

This class combines martial arts and fun activities that will help your child learn self-defense, improve their confidence and self-discipline. We will cover basic kicks, blocks, strikes and self-defense techniques. Taught by a World Taekwondo Federation certified 3rd degree Black Belt.

Age: 6-11
51922 Su 6/21-8/9 2-3 PM \$70/\$81
Rockville Swim and Fitness Center/Fumagalli

Twinbrook After School Club

Join us after school for activities that focus on recreation, fitness and fun. Homework help is included along with a healthy snack. Club meets on MCPS early release days and is not held on non-school days.

Age: 5-13
52027 M-F 8/31-10/9 3:30-6:30 PM \$145/\$165
52028 M-F 10/12-11/20 3:30-6:30 PM \$145/\$165
52029 M-F 11/23-1/8 3:30-6:30 PM \$145/\$165
Twinbrook ES

Zumba Fit-Kids

Zumba Fit is a fun and effective cardio dance workout that includes exercises designed to strengthen the entire body. While intended as an introduction to the easy Latin and international inspired program, this high energy/low impact class has something to offer all fitness levels.

Age: 7-12
51923 Sa 6/20-8/8 12-12:45 PM \$56/\$65
Rockville Swim and Fitness Center/McManaman

Sports - Instructional

We recommend bringing a water bottle to all sports programs.

Skateboarding for Kids

Interested in skateboarding? Whether you are a first-time rider or a pro, this class will teach everything from the basic kick turn and ollie, to the advanced 360 flip and more! Bring skateboard, helmet, knee and elbow pads and wrist guards. All levels welcome.

Age: 5-14
51724 Sa 7/25-8/15 11 AM-12 PM \$46/\$54
Rockville Skate Park/Verdell

Super Heroes Sports

Learn a variety of sports and games.

A new super hero and activity
will be featured each week.

Saturday, July 11 - August 1
11-11:50 am



Ages: 4-6

Cost: \$46 Residents
\$54 Non-residents

Location: King Farm Park
Registration Deadline: June 26



Children

Fencing - Youth Beginner

Designed to expose children to the Olympic sport of fencing, this class emphasizes safety and proper technique. Equipment is provided. Participants need to wear comfortable clothes and a fencing glove (or garden/golf glove). Flexible swords are used.

Age: 7-9

51682	Th	7/9-8/27	6-7 PM	\$114/\$129
51683	Sa	7/11-8/29	11 AM-12 PM	\$114/\$129
51684	Su	7/12-8/30	9-10 AM	\$114/\$129

Age: 10-13

51685	Th	7/9-8/27	7:20-8:40 PM	\$114/\$129
51686	Sa	7/11-8/29	12:20-1:40 PM	\$114/\$129
51687	Su	7/12-8/30	4-5:20 PM	\$114/\$129

Rockville Fencing Academy/Staff

Soccer Skills

Practice soccer fundamentals and develop better skills. Dribbling, passing, trapping and shooting are covered, as well as basic concepts for strategy and teamwork. Scrimmages will be introduced based on skill level of participants.

Age: 4-5

51725	Sa	7/11-8/1	9-9:50 AM	\$46/\$54
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King Farm Park/Thomas

Age: 6-7

51726	Sa	7/11-8/1	10-10:50 AM	\$46/\$54
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King Farm Park/Thomas

T-Ball Skills - Beginner

Have your kids experience what it's like to be on a team through game-like play! Coach Mark teaches the fundamentals of baseball and gives one-on-one attention to help kids learn this great game. Bring a mitt to this fun and active class.

Age: 5-7

51732	Sa	6/20-8/1	10-10:50 AM	\$69/\$79
51733	Sa	6/20-8/1	11-11:50 AM	\$69/\$79

King Farm Park/Orrell

Tennis - 10 and Under

Using kid-sized racquets, lower nets, softer balls and smaller courts, players learn tennis easily and quickly in a child friendly environment. Children are taught through a variety of racquet and ball activities, and enjoyable tennis games. Junior racquets are provided.

Age: 5-7

51734	Sa	6/20-8/1	9-9:50 AM	\$69/\$79
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King Farm Park/Gough

51738	Sa	6/27-8/8	3-3:50 PM	\$69/\$79
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Broome Athletic Park/Raaf

51926	Th	6/18-7/23	5-5:50 PM	\$69/\$79
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Montrose CC & Park/Z. Yargici

51977	W	6/24-7/29	4-4:50 PM	\$69/\$79
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Broome Athletic/Raaf

51736	Sa	6/20-8/1	3-3:50 PM	\$69/\$79
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King Farm Park/Z. Yargici

Age: 6-8

51737	Su	6/21-8/2	11:05-11:55 AM	\$69/\$79
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Thomas Farm CC - Gym indoors/Z. Yargici

Age: 7-10

51735	Sa	6/20-8/1	10-10:50 AM	\$69/\$79
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King Farm Park/Gough

51739	Sa	6/27-8/8	4-4:50 PM	\$69/\$79
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Broome Athletic/Raaf

51927	Th	6/18-7/23	6-6:50 PM	\$69/\$79
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Montrose CC & Park/Z. Yargici

Clubhouse Extra

Clubhouse Extra is an extended day program that is safe and structured for all school-aged campers. Activities include afternoon crafts, sports/games, computer fun and a snack.

Age: 5-13

50569	M-F	6/22-7/30	3:30-6:30 PM	\$55/\$90
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Lincoln Park CC/Chase

Children

**Worried about
the weather?
Call the Rec Line at
240-314-5023.
Select #1 for class
status**



Tennis Skills and Drills *New*

Develop and improve fundamental skills including use of proper grip, racquet preparation and swing path. Participate in a variety of fun tennis drills and games that will keep you moving. Children may be moved to a more appropriate class by instructor based on skill level. Bring a racquet.

Age: 9-12
51867 Sa 6/20-8/1 11-11:50 AM \$69/\$79
King Farm Park/Gough

Age: 10-14
51868 Tu 6/23-7/28 4:30-5:20 PM \$69/\$79
King Farm Park/Gough

Age: 9-12
51874 F 6/26-7/31 4-4:50 PM \$69/\$79
Thomas Farm CC/M. Yargici

Age: 10-14
51875 F 6/26-7/31 5-5:50 PM \$69/\$79
Thomas Farm CC/M. Yargici

Age: 11-15
51873 W 6/24-7/29 5-5:50 PM \$69/\$79
Broome Athletic/Raaf



Thank You!



Their generosity helps to ensure
that hundreds of children can
participate in recreation programs.

To learn more about the Rockville
Recreation and Parks Foundation,
please see page 75 or visit
www.rrpfi.org

**When you're in Rockville,
you're in the:**



**Respect for yourself.
Respect for others.
Responsibility for your actions.**

City of Rockville Department of Recreation and Parks
www.rockvillemd.gov/Rzone

Children

Sports - Leagues

We recommend bringing a water bottle to all league practices and games.

Fall Cross Country

Have a blast with your friends running cross country in the fall. Program includes practices and meets for boys and girls. Five meets are planned at courses around the City. Volunteer coaches will conduct practices during the week, starting mid-September. Montgomery County Road Runners assist with the meets. Registration deadline: 9/8. Courses include: Civic Center Park, Woodley Gardens and Dogwood Park.

Lil' Rabbits

Grade: 1-3

Run 3/4 mile at meets

51863	Sa	10/3-11/7	8-10 AM	\$59/\$69
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Striders

Grade: 4-6

Run 1 mile at meets

51864	Sa	10/3-11/7	8-10 AM	\$59/\$69
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Rapid Runners

Grade: 7-8

Run 2 miles at meets

51865	Sa	10/3-11/7	8-10 AM	\$59/\$69
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Fall Soccer Co-Rec League

Your child will have a safe, fun and beneficial soccer experience. Emphasis is based on skill development and fun rather than competition. There will be one practice during the week starting in mid-September. Coaches will inform team members regarding practice and game times. Registration deadline: 9/8.

Ankle Biters

Age: 4 (Pre K)

51862	Sa	10/3-11/7	9 AM-1 PM	\$60/\$70
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Broome Athletic Park

Tiny Kicks

Grade: K-1

51858	Sa	10/3-11/7	9 AM-1 PM	\$60/\$70
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Broome Athletic Park

Pee Wees

Grade: 2-3

51859	Sa	10/3-11/7	9 AM-1 PM	\$60/\$70
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Broome Athletic Park

Bantams

Grade: 4-5

51860	Sa	10/3-11/14	9 AM-1 PM	\$62/\$72
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Mark Twain Athletic Park

Midgets

Grade: 6-8

51861	Sa	10/3-11/14	9 AM-1 PM	\$62/\$72
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Mark Twain Athletic Park

Celebrate National Public Works Week! Rockville's Equipment Show

DATE & TIME: Thursday, May 21
11 a.m.-4:30 p.m.

COST: FREE

WHERE: Outdoor pool parking lot
at the Rockville Swim and Fitness
Center, 355 Martins Lane

- Kids won't want to miss this chance to get up close and personal with BIG trucks!
- Enjoy balloons, popcorn, coloring books and more
- Meet the City of Rockville's Public Works Staff

The City of Rockville and the American Public Works Association (APWA) are celebrating National Public Works Week from Monday, May 18, to Friday, May 22. To learn more about Rockville's Department of Public Works, visit www.rockvillemd.gov/publicworks.

Contact Susan Fournier at 240-314-8503 or email sfournier@rockvillemd.gov

www.rockvillemd.gov/publicworks

Worried about the weather?

Call the Sports League Line
at 240-314-5055.



FALL TEAM SIGN-UPS

ROCKVILLE FOOTBALL LEAGUE

Tackle and Flag

Ages 6-14

Start Dates:

Practices begin Aug. 1
Games begin Sept. 4 and 5

Location:

Mattie Stepanek Park
1800 Piccard Drive, Rockville 20850

Registration:

Information and fees available
on RFL website

<http://rfl.cc>

Youth Tennis Tournament USTA Sanctioned

Everyone's
a Winner!

Emphasizing skill
development in a fun,
competitive setting.

10 and Under

Saturday, June 6, 11 a.m.-5 p.m.

Kid-sized courts, nets, rackets and low
compression balls.

City of Rockville Tennis Courts

Ages: 8-10

\$28R; \$33NR Course # 50576

12 and Under

Saturday, June 13, 8 a.m.-5 p.m.

City of Rockville Tennis Courts

Ages: 11-12

\$33R; \$38NR Course # 50575

www.rockvillemd.gov/recreation/sports

Clubhouse Extra Camp

Lincoln Park Community Center

June 22 - July 30

EXTENDED DAY PROGRAM

M-F, 3:30-6:30 p.m. | Ages 5-13

Crafts, sports, games, computer fun
and daily snack.

No transportation provided.

www.rockvillemd.gov/lpcc



NIKE GOLF 
LEARNING CENTER


NIKE GOLF CAMP

RedGate Golf Course is proud to host the fastest growing golf camp in Montgomery County. It is our commitment to provide Junior Golfers with the tools to enjoy this great game for a lifetime in a safe and fun environment. All skills and abilities are welcome.

SCHEDULE

Weekly Camps June - August
Full Day and Half Day camps available

CALL THE GOLF SHOP AT **240.406.1650** OR
SIGN UP AT **REDGATEGOLF.COM/ACADEMY**

 SPONSORED BY
BILLY CASPER GOLF

OFFICIALS NEEDED!

Youth and Adult Leagues

Weekday Evenings
and Weekends

- Youth Soccer
- Youth Baseball
- Adult Softball
- Adult & Youth Basketball



Training in August/Early Sept.

For more information,
call 240-314-8620
or email
sports@rockvillemd.gov

READING, WRITING and COOKING CAMP

Thomas Farm Community Center

Ages 6-10

9 a.m. - 3 p.m.

Mon., July 6 - Fri., July 10 #50293

Mon., July 13 - Fri., July 17 #50294

\$200 - City residents

\$225 - Nonresidents

240-314-8840

14TH ANNUAL
**Back-To-School
 Jam**

Friday Aug. 21 • 6-9 p.m.

Lincoln Park Community Center

- \$2 per backpack with some school supplies for City of Rockville students. (limit of 4 per family)
- Information Tables
- School Representatives
- DJ and Prizes
- Food, Drinks and More



Thank you to all our sponsors and volunteers
 from Rockville Housing Enterprises
 City of Rockville, Linkages to Learning.

240-314-8780
www.rockvillemd.gov/lpcc

**Join our
 Summer Literature Club**

**Twinbrook Community
 Recreation Center Annex**

July 6-31, 1-4 p.m.
 Grades 1-5

Help your child maintain his or her reading
 skills throughout the summer.
 Children must be registered and encouraged
 to remain with the program for 4 weeks.

Course #50248

\$239 - city Residents
 \$259 - Nonresidents

240-314-8830

visarts AT ROCKVILLE **Art
 Camps**



Kids Summer Camp

Summer: June 15 - August 28

Age 5-12

1 & 2 weeks sessions available

Media: Ceramics, Painting, Drawing, Fused
 Glass, Mosaic, Mixed Media &
 Wood Working

Teen Art Institute

Summer: July 6 - July 31

Age 13 - 18

1 week & 2 weeks sessions

Media: Ceramics, Painting/Drawing
 or Fused Glass

For more information and register online
www.VisArtsCenter.org (301) 315-8200

Bringing the Fun to Your Neighborhood

2015 Summer Playgrounds



**ONE-TIME
REGISTRATION FEE
\$150 R/\$230 NR**

Arts • Crafts • Sports • Games • Nature • Fitness

June 22 - July 30

Open to children ages 6-12 • Weekdays, 9:30 a.m.-3:30 p.m.

Playground Locations

COURSE #		COURSE #		COURSE #	
50504	Beall E.S.	50507	Isreal Park/LPCC	50513	Twinbrook E.S.*
50508	Calvin Park	50509	Lakewood E.S.	50512	Woodley Gardens Park
50505	Elwood Smith*	50510	Montrose Park		
50506	Fallsgrove Park/TFCC	50511	Potomac Woods Park		

**Before & after care available.*

Playground Extras:

Swimming • Tennis • Mini-Golf • Adventure Park • Extended Play

(Additional fees apply, see course numbers online.)

Register via Rock Enroll at rockenroll.rockvillemd.gov
or at City Hall or City recreation facilities.



Any individuals with disabilities who may require assistance to attend this program, or who have questions about accessibility, may contact the ADA Coordinator at 240-314-8100 (TDD 240-314-8137). Para leer esta información en otros idiomas, consulte el cuadro "Select Language" en la esquina inferior derecha de la página en www.rockvillemd.gov/summerplaygrounds. 阅读其他语言的信息, 请参阅“选择语言”框在页面的右下角处 www.rockvillemd.gov/summerplaygrounds. 다른 언어로이 정보를 읽어 www.rockvillemd.gov/summerplaygrounds 에서 페이지의 오른쪽 하단에있는 “언어 선택” 상자를 참조하십시오.

240-314-8620 • www.rockvillemd.gov/summerplaygrounds

Summer Science Series

at

Twinbrook Community Recreation Center

12920 Twinbrook Pkwy.

Free programs for children and families
sponsored by Montgomery County
Public Libraries

Eric Energy

Wednesday, July 22, 4 p.m.

A wild and wacky scientist will have visitors of all ages mesmerized by the combination of some of his greatest eye-catching experiments.

Shazam Magic

Thursday, July 30, 6:30 p.m.

Magician Peter Woods has the energy to connect with children of all ages, and his level of polish and showmanship goes beyond entertainment.

Science Tellers: Super Heroes

Friday, Aug. 7, 3 p.m.

Be swept away to a place where truly "super" heroes really do exist! We'll learn about everyday science throughout this original heroic adventure. The story features interactive science experiments with pressure, air, gravity, potential energy, mass and more. For ages 5 and up.

Preschool Fun

at

Lincoln Park Community Center

357 Frederick Ave. 20850

PB&J

Play Books & Jam! Parents join your kids in this creative class, as we read a book then create a craft based on the story. Afterwards, we'll move and groove in the gym, jamming to music while we play with toddler toys.

Ages 2-4

Tuesdays June 30 - August 4

10-11 a.m.

#52017

\$40 resident' \$46 non-resident

Tiny Hoopers

You're never too young to start playing basketball. This program will teach your little one sportsmanship, teamwork and the fundamentals needed to play the game.

Ages-4-5

Thursdays June 11 - July 6

5:30-6:15 p.m.

#52020

\$55 resident; \$60 non-resident

ROCK YOUR SUMMER!

at City of Rockville's

2015 Summer Camps

- **Over 65 camps
June 15-Aug. 21**
- **Before and after care;
transportation**
- **One and multi-week options**
- **Open to ages 3-16**
- **Register Now**



Pick up a guide at any of these City facilities:

City Hall • Croydon Creek Nature Ctr.,
Thomas Farm Comm. Ctr. • Rockville Swim and Fitness Ctr.
Twinbrook Comm. Rec. Ctr. • Lincoln Park Comm. Ctr.

Also available at:

Rockville Library • Twinbrook Library

or view online at: www.rockvillemd.gov/camps

240-314-8620

Follow us on Twitter @rockvillerec



Croydon Creek Nature Center

852 Avery Road (off Baltimore Road) • Rockville, MD 20851 • 240-314-8770
www.rockvillemd.gov/croydoncreek



Activities are held at Croydon Creek Nature Center. Registration is required. Note: There are no registration deadlines, unless otherwise stated. Registration is available for programs up until the day of the event as space allows.

Celebrate Honeybees (Adult/Child)

Learn about the amazing and gentle honeybee with our volunteer beekeeper. Explore beekeeping, honeybee biology, and extract honey from the comb. All participants must register and children under age 10 must be accompanied by a registered adult.

Age: 5+
 51958 Sa 7/18 1:30-3 PM \$5/\$6

Family Ramble

Join a Naturalist on a hike through the Hayes Forest Preserve. Trails are not stroller friendly. All participants, including adults must register. Children under 12 must be accompanied by an adult.

Age: 1+
Creek Crawl

Wade into the creek to catch and examine creek critters. We provide the nets and all equipment; you come prepared to get wet and have fun. Everyone must wear closed-toe shoes!

51972 Su 8/23 1:30-2:30 PM \$3/\$5

Saturday Story and Hike (Adult/Child)

Stop by the Nature Center for story time and a hike. Our Naturalist will read a story and lead a hike based on the story. Dress for the weather. Adult participation required.

Age: 2-5
 51959 Sa 7/18 10-11 AM \$4/\$6
 51960 Sa 8/22 10-11 AM \$4/\$6



Nature Center

Polliwog Adventures (Adult/Child)

Each week explore a new topic in natural history. Through stories, short hikes, games and activities, little ones will learn about nature in a hands-on environment. Adult participation required. Spaces are limited. Age: 2-5

Marvelous Mammals

51950 Th 7/9 10-11 AM \$7/\$8

Slimy Salamanders

51951 Th 7/16 10-11 AM \$7/\$8

Water Wonders

51952 Th 7/23 10-11 AM \$7/\$8

Little Gardeners

51953 Th 7/30 10-11 AM \$7/\$8

Birds of Prey

51954 Th 8/6 10-11 AM \$7/\$8

Backyard Jungle

51955 Th 8/13 10-11 AM \$7/\$8

Maryland Reptiles

51956 Th 8/20 10-11 AM \$7/\$8



**Experience the Outdoors
with Naturalist-Led Camps**

Ages 5-7

Guppy Camps

(full and half-day options)

Ages 8-11

Nature Explorations Insect Investigations

Ages 9-14

Outdoor Expeditions Nature Service Learning Nature Center TV

Spaces are limited, so register early!

240-314-8770

www.rockvillemd.gov/croydoncreek



**Saturday
May 16
9 a.m. - 5 p.m.**

CELEBRATE

KIDS TO PARKS DAY Croydon Creek Nature Center

- Spend time outdoors
- Enjoy the Hayes Forest Preserve
- Stop by the Nature Center for an activity and craft

Sponsored by:

The National Park Trust • The City of Rockville

240-314-8770



Sunday, June 14

1:30-3 p.m.

Croydon Creek Nature Center

Learn why rain barrels are a tool to protect our streams.

Participants will receive information on how to buy, install and maintain rain barrels.

Free rain barrel raffled off to one lucky Rockville resident!

Open on a first-come, first-served basis and registration is required.

To register, call the RainScapes Coordinator at 240-314-8877 or email rainscapes@rockvillemd.gov with your name and address.



Summer Camp Open House

Fri., May 29, 6-8 p.m.

***Registered for a summer
camp at CCNC?***

Bring your kids and their completed camp forms this evening to experience a summer camp review.

Children will meet their camp Naturalists, try a few camp activities and roast marshmallows by the campfire while adults drop off completed camp paperwork.

FREE EVENT

**Open to families
registered for a summer camp
at Croydon Creek
Nature Center**

240-314-8770



Teens

Arts, Dance and Enrichment

Ballet (Teen and Adult)

Advanced students with five or more years of experience are welcome to learn advanced techniques. If a participant registers for two or more ballet classes, a \$5 discount may be applied to one class. Registration must be handled by mail, fax or walk-in to receive a discount. See Adult and Children Ballet for more classes.

Age: 13+

51193	M	6/22-8/3	5:45-7 PM	\$72/\$82
51194	W	6/24-8/5	5:45-7 PM	\$72/\$82

Rockcrest Ballet Ctr./Mangan

Late Night Friday

Celebrate the beginning of summer at Thomas Farm CC with a wide range of activities and carnival games. Teens can also play video games and listen to music with friends. Refreshments will be sold. Fee at the door is \$10 residents; \$15 non-residents. Begins at 6:30 p.m.

Grade: 3-6

51172	F	6/5	7-10 PM	\$7/\$10
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Thomas Farm CC

After School Enrichment

Teen After School Volunteers

Looking for a fun place to earn SSL hours? Join the volunteer staff at Twinbrook Community Recreation Center's After School Adventure Program. Volunteers will work with Rockville staff to plan, prepare and lead activities for elementary-aged children. Volunteer shirts and/or badges are provided. Wear comfortable play clothes and sneakers.

Grade: 7-12

51944	M & W	8/31-10/7	4-6 PM	\$25/\$29
51945	Tu & Th	9/1-10/8	4-6 PM	\$25/\$29
51946	M & W	10/12-11/18	4-6 PM	\$25/\$29
51947	Tu & Th	10/13-11/19	4-6 PM	\$25/\$29

Twinbrook CRC Annex

Totally Teens

An afterschool program just for teens! Homework help, community service projects, sports, arts, dance, video games, ping pong, special interest clubs and more. Registration is required. Transportation is provided from Julius West MS. The program is held on half days, Noon-6:30 p.m. It is not held on holidays or when MCPS is closed.

Grade: 5-9

Totally Teens - With Snack

51170	M-F	8/31-12/23	3-6:30 PM	\$299/\$315
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Totally Teens - Without Snack

51171	M-F	8/31-12/23	3-6:30 PM	\$239/\$255
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Thomas Farm CC

Teens

Fitness and Wellness

We recommend bringing a water bottle to all fitness programs.

Teen Fit

This fast-paced class includes basic strength training, cardiovascular conditioning and stretching exercises. Increase your overall fitness or support your sport-specific training. Taught by a certified personal trainer.

Age: 13-18

51925 M 6/15-8/3 7-8 PM

\$70/\$81

Rockville Swim and Fitness Center/Main



WE WANT YOU!

**Are You Great with Children?
Are You Enthusiastic and Energetic?
Are You Creative?**

**Apply Now for Summer 2015
Camps and Playgrounds**

Most programs run for 7 weeks, approximately 35 hours per week

- Plan and Teach Sports and Games
- Outdoor Activities
- Arts and Crafts
- Special Events
- Swimming
- Theme Weeks and More!

For job openings and application information, visit www.rockvillemd.gov/careers

Applications may also be completed at Rockville City Hall, Human Resources, 111 Maryland Ave., Rockville, MD 20850. EOE

What's Coming this Fall for Teens?



Friday Night Ski Club - Registration

Trips! Not just for "No School Days" any more

SSL All-Starts - Sign up to volunteer at local organizations to earn Student Service Learning hours.

Fashion Frenzy - Calling all "Fashionistas." We need you to put together a fashion show.

For additional information, call 240-314-8638

Sk8 Park

355 Martins Lane
(behind Swim and
Fitness Center)

FREE

featuring:

Micro
Ramp with
Escalator and
Pyramid



Hours: 9 a.m. - 10 p.m. • 7 Days a Week
Park has Lights • 240-314-8620
www.rockvillemd.gov/skatepark



DISCOUNTED THEME PARK TICKETS

On sale now!

For parks, prices and
information, call 240-314-5024.

RockvilleRec is on Twitter

Follow us for weather and schedule
updates, new class information and the
latest in rockville Recreation programs
and services. Follow @RockvilleRec.

Log on and join!
www.twitter.com



Drop-In Chess Club

Come meet your neighbors
playing chess. All skills and
ages welcome. Chessboards
and sets will be provided.

Wednesdays, 6:30-8:30 p.m.
beginning June 17

Twinbrook Community Rec. Ctr.
Must have membership
or pay a daily fee.

TEENS ON THE GO - 2015

THREE STEPS TO A SUMMER OF FUN!

#1 - Sign Up for "Teens on the Go"

"Teens on the Go" is a summer program for youth, in grades 6-10, held Monday through Friday. Hours will vary depending on the trip destination. Teens will be picked-up and dropped-off daily at one location that they choose, to attend various recreational trips and events. Spaces are limited for each trip & trips fill quickly.

In order to participate in the "Teens on the Go Trips" **you must first register as a member for the summer** by selecting **one pick-up/drop-off location**. This is FREE but required.

COURSE #	DAY	DATE	FEE	PICK-UP/DROP-OFF LOCATION	PICK-UP TIME
51267	M-F	6/22-8/14	FREE	Twinbrook Community Rec Ctr.	45mins prior to trip time
51268	M-F	6/22-8/14	FREE	Lincoln Park Community Ctr.	30mins prior to trip time
51269	M-F	6/22-8/14	FREE	Thomas Farm Community Ctr.	15mins prior to trip time
51270	M-F	6/22-8/14	FREE	Julius West MS - Parking Lot	10mins prior to trip time

#2 - Register for Trips Trips subject to change.

DATE	#	TRIP	TIME	COST (R/NR)	DEADLINE
6/22	51271	Swimming	12 p.m.-5 p.m.	\$8/\$10	6/12
6/23	51272	Bowling & Roller Skating	10 a.m.-5 p.m.	\$15/\$19	6/12
6/24	51273	Indoor Rock Climbing & Movie(PG/PG13)	10 a.m.- 5 p.m.	\$25/\$29	6/12
6/25	51274	Pottery & Laser Tag	10 a.m.-5 p.m.	\$25/\$29	6/12
6/26	51275	Splashdown Water Park	11-5 p.m.	\$19/\$25	6/12
Wk 1	51276	All Week #1 Trips	Varies	\$92/\$112	6/12
6/29	51277	Swimming	12-5 p.m.	\$8/\$10	6/19
6/30	51278	Monster MiniGolf & Movie	10 a.m.-5 p.m.	\$19/\$25	6/19
7/1	51279	Aquarium & Hard Rock Cafe	10 a.m.-5 p.m.	\$35/\$45	6/19
7/2	51280	Six Flags America	9 a.m.-7 p.m.	\$29/\$35	6/19
7/3	-----	Holiday – NO TRIP	-----	-----	-----
Wk 2	51281	All Week #2 Trips	Varies	\$91/\$115	6/19
7/6	51282	Swimming	12-5 p.m.	\$8/\$10	6/26
7/7	51283	River Tubing	10 a.m.-5 p.m.	\$29/\$35	6/26
7/8	51284	D&B Arundel Mills & Movie	10 a.m.-5 p.m.	\$25/\$29	6/26
7/9	51285	Washington Mystics Game	10 a.m.-3 p.m.	\$19/\$25	6/26
7/10	51286	Kings Dominion	9 a.m.-8 p.m.	\$39/\$49	6/26
Wk 3	51287	All Week #3 Trips	Varies	\$120/\$148	6/26

DATE	#	TRIP	TIME	COST (R/NR)	DEADLINE
7/13	51288	Swimming	12-5 p.m.	\$8/\$10	7/2
7/14	51289	Paintball	10 a.m.-5 p.m.	\$32/\$39	7/2
7/15	51290	Skyzone & Movie	10 a.m.-5 p.m.	\$29/\$35	7/2
7/16	51291	Roundtop Adventures	10 a.m.-5 p.m.	\$33/\$41	7/2
7/17	51292	Hershey Park	8 a.m.-8 p.m.	\$45/\$55	7/2
Wk 4	51293	All Week #4 Trips	Varies	\$147/\$180	7/2
7/20	51294	Swimming	12-5 p.m.	\$8/\$10	7/10
7/21	51295	Frederick Keys Baseball	10 a.m.-5 p.m.	\$19/\$25	7/10
7/22	51296	Washington Nationals Game	10 a.m.-5 p.m.	\$25/\$29	7/10
7/23	51297	Bowling & Roller Skating	10 a.m.-5 p.m.	\$18/\$19	7/10
7/24	51298	Splashdown Water Park	11-5 p.m.	\$19/\$25	7/10
Wk 5	51299	All Week #5 Trips	Varies	\$89/\$108	7/10
7/27	51300	Swimming	12-5 p.m.	\$8/\$10	7/17
7/28	51301	Pottery & Laser Tag	10 a.m.-5 p.m.	\$25/\$29	7/17
7/29	51302	Ropes Course	10 a.m.-5 p.m.	\$35/\$45	7/17
7/30	51303	Monster MiniGolf & Movie	10 a.m.-5 p.m.	\$19/\$25	7/17
7/31	51304	Beaver Dam	10-5 p.m.	\$15/\$19	7/17
Wk 6	51305	All Week #6 Trips	Varies	\$102/\$128	7/17
8/3	51306	Swimming	12 p.m.-5 p.m.	\$8/\$10	7/24
8/4	51307	FedEx Stadium Tour &	10 a.m.-5 p.m.	\$15/\$19	7/24
8/5	51308	Rafting	8 a.m.- 4 p.m.	\$35/\$45	7/24
8/6	51309	Indoor Go-Karting & More	10 a.m.-5 p.m.	\$39/\$45	7/24
8/7	51310	Kings Dominion	9 a.m.- 8 p.m.	\$39/\$49	7/24
Wk 7	51311	All Week #7 Trips	Varies	\$136/\$168	7/24
8/10	51312	Swimming	12-5 p.m.	\$8/\$10	7/31
8/11	51313	Paintball	10 a.m.-5 p.m.	\$32/\$39	7/31
8/12	51314	Roundtop Adventures	10 a.m.-5 p.m.	\$33/\$41	7/31
8/13	51315	Skyzone & Movie	10 a.m.-5 p.m.	\$29/\$35	7/31
8/14	51316	Rehoboth Beach	8 a.m.-8 p.m.	\$35/\$45	7/31
Wk 8	51317	All Week #8 Trips	Varies	\$137/\$170	7/31

Important Trip Notes:

- All trips will be held rain or shine, except for Monday and Friday Swim days. Call the office for updates, 240-314-8634/8638.
- Trips may be cancelled due to insufficient registration. A cancellation letter will be mailed one week prior to the trip date.
- An alternative trip may be offered in the event a trip is cancelled. This is always our first option, but may not always be feasible. Please be sure we have your correct e-mail address on file, if available.
- Detailed trip information will be mailed a week prior to the trip date. If you do not receive a letter, please call 240-314-8634/8638
- In the event a trip ends early, all teens will participate in supervised games/activities at a City of Rockville Community Center until the scheduled pick up time. Parents are not required to come early.

#3 - Meet Us:

At your designated pick-up/drop-off location on the day of the trip and be ready for some fun!



Adults

Arts, Dance and Enrichment

Ballet

Geared for those with a range of interests and abilities, classes are planned for fun and exercise. Advanced classes are for serious dancers with previous training. Those with demonstrated proficiency are encouraged to perform with the Rockville Civic Ballet. Participants registering for two or more ballet classes may apply a \$5 discount to one class. To receive a discount, register by mail, fax or walk-in. See Teen Ballet for more classes.

Beginner - Intermediate - Age: 13+
51182 Th 6/25-8/13 7:45-9 PM \$72/\$82
Rockcrest Ballet Ctr./Simpson

Beginner - Intermediate - Age: 13+
51872 Sa 6/20-8/1 9-10 AM \$72/\$82
Rockcrest Ballet Ctr./Chongpinitai

Intermediate/Advanced - Age: 13+
51180 Tu 6/23-8/4 6:30-7:45 PM \$72/\$82
Rockcrest Ballet Ctr./Mangan

Intermediate/Advanced - Age: 13+
51181 Th 6/25-8/6 6:30-7:45 PM \$72/\$82
Rockcrest Ballet Ctr./Mangan



Belly Dancing (Mid-Eastern) *New*

Learn an exciting and ancient dance. This art form teaches movements from folk, social and classical traditions of Middle Eastern cultures. Wear exercise clothes, bring a scarf to tie around your hips and ballet slippers, or dance in bare feet.

Age: 14+
51225 Tu 6/23-7/28 6:30-7:25 PM \$59/\$69
Twinbrook CRC/Ananke

Broadway Moves

Dance like a Broadway Star! This fun and energetic exercise class focuses on being the 'One Singular Sensation' that is YOU. Burn calories, stretch, tone, improve posture and, most of all, enjoy the melodies of Broadway. Class is for all levels.

Age: 16+
51195 Th 7/2-8/20 7:30-8:30 PM \$99/\$109
Thomas Farm CC/Devine

Tap Dance

In this introduction to a Broadway-style staple, students will experiment with single sounds all the way to complex combinations creating an excellent light cardio workout. Each class will build on the previous to a complete a simple routine. Tap shoes required. Contact Rowena at 301-467-3535 if you have further questions.

Beginner - Age: 16+
51232 W 6/17-8/5 6:30-7:25 PM \$72/\$82

Continuing - Age: 16+
51233 W 6/17-8/5 7:30-8:25 PM \$72/\$82

Advanced - Age: 16+
51234 W 6/17-8/5 8:30-9:25 PM \$72/\$82
Twinbrook CRC/DeLuca

Adults

Fitness and Wellness

We recommend bringing a water bottle to all fitness programs.

20/20/20 Fitness

Enjoy 20 minutes of cardio, 20 minutes of strength training and 20 minutes of core strengthening and total body stretching. Get a well-rounded workout, increase your flexibility and get into shape. Bring mat and weights.

Age: 16+

51668 M 6/15-8/10 6:15-7:15 PM \$67/\$78
Thomas Farm CC/Webb

51669 Sa 6/20-8/15 8:45-9:45 AM \$59/\$68
Rockville Sr. Ctr./Harris

Ab Sculpt

Strengthen your power house, lower abdominal muscles, lower back, buttocks and pelvic floor in just 30 minutes. Improve posture, help prevent lower back injuries and flatten your stomach in an intense core workout designed for every fitness level. A mat is recommended.

Age: 16+

51883 M 6/15-8/3 12:45-1:15 PM \$40/\$48
51884 M 6/15-8/3 8:05-8:35 PM \$40/\$48
51885 W 6/17-8/5 12:45-1:15 PM \$40/\$48
51886 W 6/17-8/5 8:05-8:35 PM \$40/\$48
51887 F 6/19-8/7 12:45-1:15 PM \$40/\$48

Rockville Swim and Fitness Center/Serrano Gonzalez/
Main/Ocampo

Bodyweight Cardio-Strength

Challenge yourself with this demanding workout. The class will start with a quick warm-up followed by high-intensity intervals of cardio and strength training, finishing with a full body stretch. The focus will be on maintaining great form throughout all of the movements.

Ages: 16+

51888 Tu 6/16-8/4 12-12:45 PM \$64/\$75
Rockville Swim and Fitness Center/Ocampo



Bootcamp - Beginner/Intermediate

Reduce body fat, increase cardiovascular stamina and tone muscles in a team environment. Class is designed to introduce the new bootcamper to skills and drills of our advanced class. Workouts can be modified to increase or decrease intensity.

Age: 16+

51948 M & W 6/15-8/5 5:45-6:45 PM \$128/\$149
Rockville Swim & Fitness Ctr./Main

Cardio Dancing

This class offers easy-to-follow aerobic dance moves. You'll burn more than 350 calories as you get fit to Top 40's music. All fitness levels welcome.

Age: 16+

51891 M 6/15-8/3 7:05-7:50 PM \$64/\$75
51949 W 6/17-8/5 12-12:45 PM \$64/\$75
Rockville Swim & Fitness Ctr./Peter

Cardio Kickbox

Tired of your normal routine or just interested in trying something new? Get into shape in a class that combines boxing, martial arts and aerobics. This total body workout will help increase stamina, flexibility, balance and strength. Wear comfortable clothes and shoes.

Age: 16+

51892 Su 6/21-8/9 11:30 AM-12:30 PM \$56/\$65
Rockville Swim and Fitness Center/Cohen

Circuit Step

Enjoy a great interval workout designed to get you fit. Class combines low impact step moves and strength training for all muscle groups. All fitness levels welcome. Bring weights and a mat.

Age: 15+

51676 Tu 6/16-8/11 5:30-6:15 PM \$67/\$78
Thomas Farm CC/Devine

51677 Sa 6/20-8/22 9-10 AM \$67/\$78
Thomas Farm CC/Webb

Adults

Circuit Training

Jump start your metabolism with this circuit workout. You will improve both strength and endurance. There are six different stations featuring exercises to challenge your whole body, each targeting a different area. This is an effective and time-efficient way to develop all around fitness. Weights will be used.

Age: 16+

51893	Tu	6/16-8/4	11-11:45 AM	\$64/\$75
51894	Th	6/18-8/6	11-11:45 AM	\$64/\$75

Rockville Swim and Fitness Center/Ocampo

Fitness Kickboxing

If you're looking for a fast-paced, calorie-burning, adrenaline-pumping, action-packed workout, then this class is for you. This ultimate conditioning workout is set to high energy music with kicks, punches and strikes. All classes are taught by certified Black Belts. Fee includes equipment and uniform for first time students.

Age: 13+

51688	M & W	6/22-7/22	6:10-6:55 PM	\$99/\$119
51689	Tu & Th	6/23-7/23	7:20-8:05 PM	\$99/\$119

Kicks Karate/Staff

Functional Interval Training

With a focus on functional movement, strength drills are alternated with cardio intervals for a total body blast that will take your fitness program to a new level. Supercharge your workout, boost your metabolism, burn off that extra fat and reach your fitness goals.

Age: 16+

51895	Th	6/18-8/6	12-12:45 PM	\$64/\$75
51896	Su	6/21-8/9	9:45-10:30 AM	\$56/\$65

Rockville Swim and Fitness Center/Owen/Ocampo

In Motion (Seniors)

Stay active and healthy! Exercise can energize your mood, relieve stress, help you manage symptoms of illness and pain, and improve your overall sense of well-being. This fitness class is designed to help seniors and older adults maintain their strength, balance, coordination and flexibility while enjoying the benefits of working out in a group.

Ages: 16+

51897	Tu	6/16-8/4	12:45-1:15 PM	\$40/\$48
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Rockville Swim and Fitness Center/Ocampo

Interval Training and Stretch

Power through interval training circuits consisting of three minutes of strength, two minutes of cardio and one minute of core work to sculpt your body, burn fat and blast calories! Class ends with a power yoga routine leaving your body feeling stretched and relaxed! Bring a mat and weights.

Age: 16+

51697	Th	6/11-8/6	5:30-6:15 PM	\$72/\$83
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Rockville Sr. Ctr./Maguire

Jazzercise - Lo

Fitness that is invigorating, not intimidating! Great music and choreography but without the hop! This low impact workout combines elements of jazz dance, resistance training, Pilates, yoga, kick boxing and more. All fitness levels. Bring weights and a mat.

Age: 16+

51698	M	6/15-8/3	6:45-7:45 PM	\$55/\$65
51699	W	6/17-8/5	6:45-7:45 PM	\$63/\$74

Beall ES/Proctor

Light and Easy Conditioning

This class targets many elements of fitness in just 30 minutes. Hand weights are used for upper body toning. An aerobic segment provides cardio and fat burning. Abdominal work targets core strengthening and stretching segment concentrates on muscle relief and recovery. Newcomers are welcome.

Age: 16+

51898	Th	6/18-8/6	12:45-1:15 PM	\$40/\$48
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Rockville Swim and Fitness Center/Ocampo

Outdoor Boot Camp

This one-hour, high-intensity class is designed to help you stretch your fitness limits. Mixing interval and strength training with drills designed to enhance agility, speed, power, and quickness, Outdoor Boot Camp will push you further than you could normally go alone. This class will meet at the indoor Fitness Center and then move to various outdoor locations on site for multi-dimensional athletic training.

Age: 16+

51940	M,W & F	6/15-8/7	6:30-7:30 AM	\$192/\$224
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Rockville Swim & Fitness Ctr./Ocampo

Adults

Pilates

Enjoy a non-impact, mind-body workout that trains core muscles to stabilize the body. Stretching and strengthening exercises target abdominal and pelvic muscles. Improve posture, abdominal strength, balance and flexibility. No previous experience necessary. Bring a mat.

Age: 16+
51203 Tu 6/16-8/25 7:30-8:25 PM \$99/\$115
Rockville Swim and Fitness Ctr./Poole

Pilates - Yoga Fusion

Fusion is a wonderful combination of the core strengthening and muscle-toning of Pilates and the meditative and flexibility benefits of yoga in a flowing workout. Bring a mat and wear comfortable clothing.

Age: 16+
51204 Tu 6/16-8/25 6:30-7:25 PM \$99/\$115
Rockville Swim and Fitness Center/Poole

Pilates (Teens and Adults)

Enjoy a series of mat-based exercises derived from the classic methodology of Joseph Pilates. The class focuses on increasing flexibility and balance and incorporates stability, strength and awareness of the core.

Age: 13+
51899 Th 6/18-8/6 9:15-10:15 AM \$88/\$104
51900 Su 6/21-8/9 8:30-9:30 AM \$77/\$91
Rockville Swim and Fitness Center/Main/Shelton

Power Sculpt

This workout, for all fitness levels, includes routines designed to improve strength and definition of muscle groups. Bring a mat and 3-5 lb. weights.

Age: 15+
51714 M 6/15-8/10 9:30-10:30 AM \$67/\$78
51715 Tu 6/16-8/11 6:20-7:20 PM \$67/\$78
Thomas Farm CC/Ramsey/Devine

51717 W 6/17-8/12 9:30-10:30 AM \$67/\$78
51718 Th 6/18-8/13 6:15-7:15 PM \$67/\$78
Thomas Farm CC/Ramsey/TBA

51716 Th 6/18-8/13 6:30-7:15 PM \$67/\$78
Rockville Sr. Ctr./Webb

Step Aerobics

Enjoy a low-impact, high intensity class that will strengthen, tone and improve your cardio fitness. Routines are choreographed to upbeat music. Beginners are welcome. Bring a mat/towel and hand weights (optional). Steps are provided.

Age: 16+
51904 Th 6/18-8/6 7:30-8:30 PM \$64/\$75
Rockville Swim and Fitness Center/Cohen

Sunday Stretch

Stretching your body is one of the most important things to do to reduce stress, promote circulation and help facilitate proper alignment of the body. Stay healthy and injury free by joining this class.

Ages: 16+
51905 Su 6/21-8/9 10:40-11:10 AM \$35/\$42
Rockville Swim and Fitness Center/Owen

Taekwondo for Adults

Learn one of the world's most popular martial arts in a fun, low-pressure environment! This class will cover basic kicks, blocks, strikes and self-defense techniques and is appropriate for all fitness levels. Taught by a World Taekwondo Federation certified 3rd degree Black Belt.

Age: 15+
51906 Su 6/21-8/9 3-4 PM \$70/\$81
Rockville Swim and Fitness Center/Fumagalli

Total Body Blast

Enjoy cardio, strength and core exercises all in one class. Challenge your stamina, improve strength and increase flexibility to get your entire body into tip-top shape. Bring a mat and weights.

Age: 16+
51771 W 6/17-8/12 6:20-7:15 PM \$74/\$85
Thomas Farm CC/Maguire



Adults

Yoga - Basic Flow for Beg./Cont.

Practice yoga poses and breathing exercises in flowing sequences. Flow yoga is a heat building style of yoga that increases strength, flexibility and fitness. Recommended for all levels. Bring a mat or rent one.

Age: 16+
51213 Tu 7/7-8/25 4:30-5:45 PM \$89/\$99
Thrive Yoga/Alter

Yoga - Beginner and Continuing

Be introduced to traditional yoga techniques like meditation, breathing exercises and deep relaxation. Bring a yoga mat, two blocks and a smile.

Age: 16+
51214 Th 7/9-7/30 6:30-7:45 PM \$39/\$45
Twinbrook CRC/Jensen

Yoga - Core

Strengthen your core and develop healthy back muscles with this fun, fast and energetic Hatha yoga workout. Using a core yoga ball, target your abdominals from every angle, reduce back pain, stabilize the spine, create a stronger midsection and improve overall body alignment.

Age: 16+
51908 F 6/19-8/7 9:15-10:15 AM \$102/\$120
51909 Tu 6/16-8/4 9:15-10:15 AM \$102/\$120
Rockville Swim and Fitness Center/Mustafa

Yoga - Gentle

This gentle yoga workout provides modifications to traditional yoga postures without losing any of the physical benefits. Conducted at a comfortable pace, gentle yoga demonstrates the use of props, which enables everyone to enjoy the practice while promoting increased activity for better health. Bring a yoga mat, block and strap.

Age: 18+
51910 W 6/17-8/5 9:15-10 AM \$98/\$113
51911 Sa 6/20-8/8 9:15-10 AM \$86/\$99
Rockville Swim and Fitness Center/Groman

Yoga - Gentle Hatha Beg./Cont.

Practice gentle stretching and strengthening exercises as well as relaxation and breathing techniques. Those with injuries should consult a physician prior to registration. Bring a yoga mat.

Age: 16+
52034 Th 6/25-8/13 7:30-8:45 PM \$99/\$115
Rockville Sr. Ctr./Dodson

Yoga - Hatha

Practice asanas, breathing and relaxation. Perfect for students at all levels who seek a yoga practice without the flow of Vinyasa. Great if you are less athletic, recovering from injury, have limited mobility or just seek a calmer paced class. Wear comfortable clothing and bring a yoga mat.

Age: 16+
51216 Sa 7/11-8/29 8-9:10 AM \$89/\$99
Thrive Yoga/Garaffo

Yoga - Hatha Intermediate

Enjoy a balanced practice with longer posture holding times and a variety of sequences to increase stamina, flexibility and well-being. This physically challenging class is designed for individuals with prior yoga experience (exceptions granted), who are free of serious injuries or physical vulnerabilities. Bring a yoga mat, strap and block.

Age: 16+
51217 M 6/15-8/10 7:30-8:45 PM \$112/\$125
Thomas Farm CC/Neves



Adults

Yoga - Introduction

Always wanted to try yoga but weren't sure where to start? Learn the basic poses (asanas) and how they can be sequenced for a balanced practice. Precautions and modifications will be covered as well as the benefits of each pose. Bring a sticky yoga mat.

Age: 16+

51218	W	6/17-7/22	7:30-8:25 PM	\$72/\$82
52021	W	7/29-8/26	7:30-8:25 PM	\$60/\$70
Thomas Farm CC/Farrell/England				

51857	Tu	6/23-7/28	7-8 PM	\$72/\$82
Rockville Sr. Ctr./England				

Yoga for Athletes

This class is designed to improve health, performance and mental acuity. It combines push-ups, sit-ups and squats with traditional yoga postures in a flowing format. Focus on reducing stress and pain in the lower back, increasing flexibility in the hamstrings, glutes and quadriceps to build a stronger core.

Age: 16+

51912	M	6/15-8/3	9:15-10:15 AM	\$102/\$120
51913	W	6/17-8/5	7-8 PM	\$102/\$120
Rockville Swim and Fitness Center/Groman				

Zumba Dance Fitness

This is Latin dance at its finest. It is a high energy workout with fun, upbeat music. The steps are easy to follow and results are long lasting. Class is taught by licensed Zumba instructors.

Age: 16+

51219	Tu	6/23-7/28	7:30-8:25 PM	\$59/\$65
51220	F	6/26-8/21	7-7:55 PM	\$79/\$85
Thomas Farm CC/Ford				

51221	W	6/17-7/22	7:30-8:25 PM	\$59/\$65
Rockville Sr. Ctr./Graves				

**Are you a
Senior Center member?**

If so, you are eligible for a
discount on adult classes.

See page 39

**Worried about
the weather?
Call the Rec Line at
240-314-5023.
Select #1 for class
status**



Zumba Fit

Zumba Fit is a fun and effective cardio dance workout that includes sculpting exercises designed to tone the entire body. While intended as an introduction to the easy Latin and international inspired program, this high energy, low-impact class has something to offer all fitness levels.

Age: 16+

51914	Th	6/18-8/6	6:30-7:15 PM	\$64/\$75
51915	F	6/19-8/7	12-12:45 PM	\$64/\$75
Rockville Swim and Fitness Center/Peter				



Zumba Toning

Use small weights to tone and strengthen arms, glutes, abs and thighs. Fast and slow rhythms are used to maximize fat burning and to build muscle. Sculpt your body naturally while having fun dancing to high-energy popular music. Bring 1 or 2 lb. weights.

Age: 16+

51916	M	6/15-8/3	12-12:45 PM	\$64/\$75
51917	Sa	6/20-8/8	11:15 AM-12 PM	\$56/\$65
Rockville Swim and Fitness Center/McManaman				

Adults

Sports - Instructional

We recommend bringing a water bottle to all sports programs.

Tennis for Adults/Teens

Learn and enjoy the sport of tennis through instruction, drills and game play situations. Ground strokes, serve, volley, overhead and strategies will be covered based on skill levels. Register for the appropriate level but it may be changed at the discretion of instructor. Bring a tennis racquet.

Age: 16+

Beg/Nov Combo (2.0-3.0) NTRP Level)

51740 W 6/24-7/29 6-6:50 PM \$69/\$79
Mattie Stepanek Park/Asaka

Novice (2.0-2.5 NTRP Level)

51741 Sa 6/20-8/1 4-4:50 PM \$69/\$79
Thomas Farm CC/M. Yargici

Novice (2.0-2.5 NTRP Level)

51742 Tu 6/23-7/28 6-6:50 PM \$69/\$79
Dogwood Pk./M. Yargici

Beg/Novice Combo (2.0-3.0) NTRP Level)

51743 M 6/22-7/27 6-6:50 PM \$69/\$79
Twinbrook CRC/Asaka

Intermediate (3.0-3.5 NTRP Level)

51744 Tu 6/23-7/28 7-7:50 PM \$69/\$79
Dogwood Pk./M. Yargici

Intermediate (3.0-3.5 NTRP Level)

51745 M 6/22-7/27 7-8:15 PM \$86/\$98
Twinbrook CRC/Asaka

Intermediate (3.0-3.5 NTRP Level)

51746 W 6/24-7/29 7-8:15 PM \$86/\$98
Mattie Stepanek Park/Asaka

Beginner (1.0-1.5 NTRP Level)

51747 Sa 6/20-8/1 3-3:50 PM \$69/\$79
Thomas Farm CC/M. Yargici

Fencing - Beginner

Designed to introduce beginners to the Olympic sport of fencing. This course emphasizes safety and proper technique. Equipment provided. Wear comfortable clothes and bring a fencing glove (or garden/golf glove). Flexible swords are used.

Age: 14+

51679 Tu 7/7-8/25 7-8:20 PM \$114/\$129

51680 Sa 7/11-8/29 2-3:20 PM \$114/\$129

51681 Su 7/12-8/30 11:25 AM-12:45 PM \$114/\$129

Rockville Fencing Academy/Staff



Robert McDonald, Jason Freiss, Jeremy Hannan, Bill Grund
Scott Dwyer, Derrick Pierson

MEET OUR ATHLETIC FIELDS CREW

Ever wonder who takes care of all the sports fields in the City of Rockville? The Athletic Crew, pictured above, works tirelessly through the year on the sports fields. Their job begins while winter is winding down as they inspect, rake up the last of the fall leaves, aerate, top dress with seed, replace sod, fertilize and ensure the irrigation system is working so the fields are plush and green.

As the sports seasons begin in earnest, this crew of six is out everyday dragging and mowing, measuring and lining to ready the fields for play. They also perform maintenance on the dugouts, bleachers, field lights, paint the benches, goal posts and foul poles and deal with trash on the fields!

The crew manages three football, three soccer, seven softball and 17 baseball fields as well as five outdoor volleyball courts. In their spare time, they assist the City Recreation Staff in planning and readying fields before, during and after tournaments. In winter months, these folks help with snow removal throughout the City.

So next time you take to a field with your team or head out to watch a game, give this crew a shout of thanks for making Rockville a great place to play sports!

Worried about the weather?
Call the Sports League Line
at 240-314-5055.



GROWERS ONLY

Farmers Market

All items are fresh picked daily.

**SATURDAYS**

9 a.m. – 1 p.m.

May 16 – Nov. 21

Corner of Route 28 and Monroe Street

Like us on Facebook:
City of Rockville Farmers Market

240-314-8620

www.rockvillemd.gov/farmers

Meet Bob Cecil

A Rockville resident since 1978, Bob Cecil has been presenting wine workshops for 15 years. He and co-teacher Neill Bassford are partners in nearby Elk Run Vineyards. They have held more than 30 different classes covering every major wine region in the world. To gain hands-on experience, Bob has worked in the vineyard and traveled to major wine regions in the US, Canada, Europe and South America.

For more than 30 years, Bob worked as an information technology specialist at Computer Sciences Corporation. His day job now is to help raise two young granddaughters who live with him and his wife of 40 years, Susan. In his spare time, Bob likes to garden and chase deer from his back yard.

Movies in the Park

**Wednesdays**
July 29 - August 26

A new family friendly outdoor movie series is coming to a park near you.

www.rockvillemd.gov/movies

Family Game Night

July 8, 6-8 p.m.

Twinbrook Community Recreation Center

Challenge your family and friends to a friendly competition of board or card games.

Light refreshments provided
All ages welcome**Free**

240-314-8830



Rockville Town Center
N. Washington Street and Middle Lane

Saturday, July 18

**8K Race, 1K or 2-mile Family
Fitness Walk/Run**



Festival begins 7 p.m.

Races begin 8 & 8:45 p.m.

Register Early and Save!

\$34 early fee (April 1 to June 7)

\$39 late fee (June 8 to July 17)

Family Fitness Run/Walk (Choose a 1K or 2-mile)
\$12 (March 30 to July 17)

Onsite registration and packet pick-up

\$39 fee Friday, July 17

\$45 fee Saturday, July 18

\$12 fee for Family Fitness Run/Walk

Packet Pick-Up:

TBD

Online registration

www.rockvilletwilghter.org

240-314-8620

Register a **Team** in our **Adult Sports League**

**Co-Rec and Women's Volleyball
Co-Rec and Men's Softball**



LEAGUE PLAY BEGINS:

Week of Aug. 24 – Men's Softball

Sept. 10 – Women's Volleyball

Sept. 11 – Co-Rec Softball

Sept. 14 – Co-Rec Volleyball

Sept. 21 – Men's Basketball

Fax or Mail to:

240-314-8659

City of Rockville

Dept. of Recreation and Parks

111 Maryland Ave., Rockville MD 20850

Attn: Sports Division

www.rockvillemd.gov/recreation/sports

9th Annual Rockville Ride of Silence

Wed., May 20, 7 p.m.

**Starts in Rockville Town Center
(off Maryland Ave.)**

Bring a helmet and bike for a 10-mile police-escorted ride through Rockville neighborhoods to honor those who have been killed or injured on a bicycle. Riders must be comfortable riding on streets with traffic and ride approximately ten miles in one hour.

Free; registration required.

Visit www.rideofsilence.org for additional information

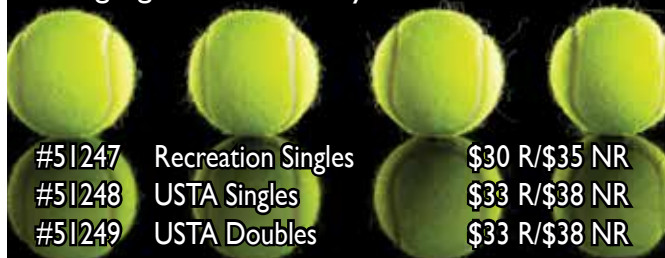
Adult Tennis Tournament

September 12-13

City of Rockville Tennis Courts

Whether a beginner or pro, we'll cater to you! Guaranteed two matches with Recreation and USTA Sanctioned Divisions.

Open to all adults, ages 16+. Brackets based on age, gender and ability.



#51247	Recreation Singles	\$30 R/\$35 NR
#51248	USTA Singles	\$33 R/\$38 NR
#51249	USTA Doubles	\$33 R/\$38 NR

www.rockvillemd.gov/recreation/sports

Rides and Summer Biking Events

RBAC at Farmers Market

Bike safety checks

Saturdays, through July 25 • 10 a.m.-Noon

www.rockvillemd.gov/farmers

Tuesday Evening Rides

June 2 – Aug. 25 • 6:30 p.m.

Check Facebook page for start locations

Carl Henn Millennium Trail Ride

Sun., June 14 • 10 a.m.

Starts at Rockville Senior Ctr,

Kidical Mass Family Ride

Sat., June 20 • 10 a.m.

Starts at Thomas Farm CC

Carl Henn Millennium Trail Ride

Sun., July 12 • 10 a.m.

Starts at Thomas Farm CC

Kidical Mass Family Ride

Sat., July 18 • 10 a.m.

Starts at Rockville Swim Center

Carl Henn Millennium Trail Ride

Sun., Aug. 9 • 10 a.m.

Starts at Wootton HS

Kidical Mass Family Ride

Sat., Aug. 15 • 10 a.m.

Starts at King Farm Village Center

Rockville Bike Advisory Committee

rockvillebikerides@gmail.com

www.facebook.com/bikerockville

www.meetup.com/bikerockville



Visit a City Park this Summer!

Enjoy ...

- the natural beauty of the John Hayes Forest Preserve.
- the action of a baseball game at Dogwood Park.
- the playfulness of the Rockville Dog Park.
- over 905 acres of parkland in 65 parks.

Go to www.rockvillemd.gov/parks to discover the amenities and features available at a specific park.



Consistency *Drives* Performance GET INTO THE GAME



\$29 per Month or **\$299** Annually

PLAYER DEVELOPMENT PROGRAM

BENEFITS INCLUDE:

- Unlimited Range Balls | Any Day at Any Time
- 10% Off Golf Shop Merchandise (excludes on sale and special order items)
- \$10 to walk and \$15 to ride | Anytime 3 Hours prior to Sunset
- Discounts on Private Lessons

**Call 240.406.1650
To Purchase Your Card!**

*Program details subject to change.
2 large buckets per golf shop visit (6 tokens).*

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MANAGED BY
 BILLY CASPER GOLF

WAITING LIST



*If your desired class is
filled, you will be notified and
placed on a waiting list.*

We make every effort to accommodate those on the list. If an opening becomes available, we will go to the wait list to fill the class.

Seniors

ROCKVILLE SENIOR CENTER

1150 Carnation Drive, Rockville, MD 20850 • 240-314-8800

www.rockvillemd.gov/seniorcenter

The Rockville Senior Center provides a central location for the many programs, services and activities offered to senior adults, ages 60 and older.

REGISTRATION DATES

(M) - Member registration begins **Thursday, May 14**. Members receive a discount on senior program fees and rentals, are eligible to join the Fitness Club, are mailed the monthly newsletter of events and are eligible for a discount on classes in the adult section of the Recreation Guide. Registration begins March 17 for all other City programs.

(R) - Resident registration begins **Tuesday, May 19** for Rockville residents who are not members of the Senior Center. (Must be age 60 and older and live within the Rockville City limits.) Residents receive a discount on program fees.

(NR) - Nonresident/Nonmember registration begins **Tuesday, May 19** for seniors age 60 and older who live outside the Rockville City limits and who are not members of the Senior Center. Nonresidents/Nonmembers pay full price for programs offered at the Senior Center.

TRANSPORTATION

Rockville Call 'N Ride Service – Taxi coupons may be purchased at a reduced rate, based on income and family size. Documentation required. Call 240-314-8810.

Buses – Door-to-door bus service is available to the Senior Center, shopping, club meetings and special trips. Reservations required. Call 240-314-8810.

AGING INFORMATION, SERVICES AND SUPPORT

Seniors and families may obtain information, services and support related to aging issues by calling 240-314-8810. For outreach and assistance in English, call 240-314-8816; Spanish, 240-314-8817.

ROCKVILLE SENIOR CENTER

Hours

Monday-Friday, 8:30 a.m.–5 p.m.
Saturday, 8:30 a.m.–1 p.m.



Directions

Call 240-314-5019

Bus Transportation and Lunch Reservations

Call 240-314-8810



Program Fees

Fee = member/resident/non-resident

Center Membership Fees

\$40/year - Rockville Residents
\$135/year - Non-residents; \$65 spouse



Fitness Club

Membership Fees

\$85/year (Must be a Senior Center member)

SENIOR ASSISTANCE FUND

Financial assistance for senior classes, day trips and Senior Center membership is available. (Must meet age and income guidelines.) To donate to this program send a check payable to the City of Rockville Senior Assistance Fund. Mail to the Rockville Senior Center, 1150 Carnation Drive, Rockville, MD 20850.

MEAL PROGRAM

Daily Lunch – Hot and cold lunches are provided at Noon, Monday through Friday. Participants contribute as much as they are able toward the cost of the meal (\$5.49). Reservations required. Call 240-314-8810.

ROCKVILLE SENIORS, INC. (RSI) A 501(c)

(3) established by Mayor and Council to assist in providing financial support for the Rockville Senior Services. Volunteers opportunities are available to support RSI's fundraising activities. For more information visit the Rockville Senior Center's website, www.rockvillemd.gov/rsi



Seniors

Arts and Enrichment

AAA CarFit

Car Fit is a program designed to be a quick, comprehensive check of how well you and your vehicle work together. A trained professional will help you complete a 12-point checklist. You must register and will be given an appointment for you and your car! Call 240-314-8803.

51664 Tu 9/15 9:30 AM-2:30 PM Free/\$2
Parking Lot

Art, Beauty and Mystical Vision

In many ways, the objects found at the Cloisters Museum have lived a cloistered life. The museum, part of the Metropolitan Museum of Art, is located in Fort Tryon Park in the Washington Heights section of Upper Manhattan overlooking the Hudson River. Dr. Judy Scott Feldman, an independent medieval art historian, brings to life the Cloister's heart and soul by highlighting some of the 12th to 15th century masterpieces of this collection.

51364 Th 7/30 1-2:30 PM \$5/\$7/\$10
Azalea Room

Be Money Smart *New*

Jessica Hall, Montgomery County Assistant State's Attorney, will review methods you can use to recognize and report elder financial exploitation and identity theft. She will also address managing your money and planning for unexpected loss of the ability to oversee your affairs and how to be financially prepared for a disaster.

51350 Th 6/18 10:15-11:30 AM Free
Blossom Room

Birthday and Anniversary Parties

Celebrate with a festive afternoon of lively entertainment and light refreshments. Mark your calendar for these special events in partnership with Rockville Seniors, Inc. Registration is required at least one week prior to each party based on availability.

July Party

Sponsored by: Right at Home
Entertainment by: Bill Davis, Community Vaudeville
51250 W 7/1 1:30-3 PM Free/\$5

August Party

Sponsored by: TBA
Entertainment by: Christiana Drapkin, Summer Sumba
51251 W 8/5 1:30-3 PM Free/\$5
Carnation Room

Seniors

Book Club

Participants enjoy an in-depth discussion covering a broad spectrum of books ranging from older classics to current best sellers. Books are selected by the group at each session and a moderator will present topics for discussion.

51240 Th 6/25 & 7/23 10-11 AM Free/\$5
Blossom Room/Beck

Broadway's Smash Hits: 1960 - 2000

Spend a razzle dazzle afternoon with Irv Chamberlain on Broadway! This three part class will help you appreciate sensational original cast performances from "Chicago," "Cabaret," "A Chorus Line," "New York, New York," "West Side Story," "Gypsy," "Company" and many others. Come and let Irv entertain you!

51259 M 7/27-8/10 1-2:30 PM \$5/\$7/\$10
Card Room

Cheers To Summer

Cathy Pasquariello returns to teach this new painting on glass class. We're decorating two wine glasses . . . you choose the design! Will it be flip-flops or a beach umbrella with the sun? Your summer beverages will taste so much better in these fancy glasses. Class is suited for beginners as well as experienced artists.

51242 Tu 6/23 10:30 AM-12:30 PM \$12/\$15/\$19
Arts and Crafts Room

Container Gardening for Summer

Most anything can be grown in a containers. Our guest speaker from Montgomery County Master Gardeners will share with us the ins and outs of this topic. You don't have to have a huge space to be able to grow anything in a container. Find out just how to go about it.

52011 W 6/24 10:30 AM-12 PM Free/\$5
Blossom Room

Credit Score Review *New*

Having trouble deciding how to allocate your available funds? If you can't pay all your creditors and still buy food and medicine, how should you decide how to deploy your available funds each month? Presented by Tom Hoopengardner, Master Financial Educator.

51784 W 7/15 1-2 PM Free
Blossom Room

Digital Photo Sharing *New*

Moving photos from your digital camera or camera phone is fast, easy and sometimes free! Learn how to create online photo albums, personalize cards and stationery and share photos with family and friends using any one of many websites including Snapfish and Shutterfly.

51373 W 7/8 1-3 PM Free/\$5
Computer Lab/Bean

Drawing Flowers and Birds

This drawing class will focus on summer flowers and feathered friends. Learn proper proportions and how to render a convincing drawing using shapes to identify parts of flowers as well as body types of different birds and their bills, feet and eyes. Bring pictures of birds and flowers you would like to draw. Photographs will also be provided. A supply list will be sent to participants one week prior to class. Register by 6/19

51239 Tu 7/7-7/28 1-3 PM \$42/\$53/\$66
Blossom Room/Fry

Estate Planning Round Table *New*

Join Adam Abramowitz, Esq. for an interactive roundtable discussion about the new era of estate planning. The talk will engage participants in an active discussion regarding pertinent topics in the field of estate planning including, but not limited to, disability planning, tax planning, individualized planning and planning to avoid familial conflict. Come take advantage of this unique opportunity and bring your questions.

51973 Th 7/30 1-2:30 PM Free
Blossom Room

Everyday Law *New*

Free research assistance and legal resources are available to you at the Montgomery County Circuit Court Law Library. Kate Martin, Library Director, will discuss the comprehensive collection of legal materials and services offered at the Library.

51363 W 9/2 1-2:30 PM Free
Azalea Room

Seniors

Eydie Gorme, Songstress

Eydie Gorme, the Grammy and Emmy award-winning singer, comes to life through impersonator Karen Webber-Gilat. Gorme performed a decades-long act with her husband, Steve Lawrence starting in the early days of television in 1953 on The Steve Allen Show. Together, the sweethearts of mid-20th century American pop music performed songs by Cole Porter, Irving Berlin, the Gershwins and Rodgers and Hammerstein.

51255 Tu 7/7 10:30-11:45 AM \$5/\$7/\$10
Azalea Room

First Ladies of the U.S.

This series will take a look at the lives of the women behind the men. Join Joan Adams for an in-depth look at the ladies in this important position. Each has her own story and a role in American life.

Ellen Axson and Edith Galt Wilson

51928 M 6/22 10:15-11:15 AM \$5/\$7/\$10

Florence DeWolfe Harding

51929 M 7/27 10:15-11:15 AM \$5/\$7/\$10

Grace Goodhue Coolidge

51930 M 8/31 10:15-11:15 AM \$4/\$6/\$9
Card Room

French

If you haven't taken a French class in the last 50 years, this class is for you. Note: \$5 material fee payable to instructor.

51365 M & W 6/29-8/5 1-2:30 PM \$40/\$45/\$50
Sunroom

French - Continuing

This class is for those who have a working knowledge of French and want to improve grammar and communication skills. Note: \$5 material fee is payable to instructor at first class.

51368 M & W 6/29-8/5 10-11:30 AM \$40/\$45/\$50
Lounge

Greetings from the Library

A staff member from Montgomery County Public Library system will discuss programs, resources and services available through your local library. There will be an overview designed to show you how to use your online account to place holds, renew materials, pay fine and search for library programming. Other topics will include test preparation tools, e-book and audiobooks and how to access the language learning systems and research resources.

51791 W 7/22 10:30 AM-11:30 PM Free
Board Room

Home Modification and Fall Prevention

Everyone should feel safe in their home. Consider some appropriate home modifications - they could be critical to ensure you avoid slips, trips and falls. Some modifications won't cost a dime and are easy to do such as removing that rug you're always tripping over or plugging in a night light by the stairs. Come and learn what simple common sense things you can do to be safe at home.

51975 Th 7/9 1-2:30 PM Free
Azalea Room

Introduction to Digital Cameras

Shopping for a digital camera once seemed simple. Learn about cameras and software options available. Become familiar with the jargon and shop for the best deal. Great photos are in your future.

51372 Tu 7/21 10 AM-12 PM Free/\$5
Arts and Crafts Room/Bender

Investing Today *New*

Michael Salapka, Financial Consultant, will discuss basic investment techniques to help you reach your financial goals. The focus of this seminar will be stocks, bonds, mutual funds and other investments designed to put your savings to work, regardless of your investment level.

51321 Tu 7/7 1-2:30 PM Free
Azalea Room

Senior Center Membership Fees

\$40/year - Rockville Residents
\$135/year - Non-residents; \$65 spouse

Senior Center Fitness Club Membership Fees

\$85/year (Must be a Senior Center member)

Seniors

Women in the Bible II

A traditional reading of the Bible sees women in submissive roles. Modern scholarship suggests a different interpretation of the roles and importance of biblical women. Study several passages and examine how a different approach can lead to a better appreciation of the women of the Bible. Bring an Old Testament or complete Bible.

51939 W 8/5 & 8/12 1:30-3 PM \$18/\$23/\$29
Azalea Room

Music with Murray

Classical music programs presented by Murray Stein. A summer highlight!

In Love with Music

The violin and other strings are used to convey feelings of love because they sound enchanting, sweet and romantic. Many pieces contain the words romance and serenade (serenata) in their titles. We will listen to selections by such romantic composers as Mozart, Tchaikovsky, Bruch, Rachmaninoff, Kreisler, Bernstein and Bizet.

51252 W 6/17 1-2:30 PM Free/\$5

The Best of the Best

Each year, music aficionados vote for their favorite pieces. Come listen to several winners from 2014 including Dvorak's "New World Symphony," Beethoven's "Ninth," Gershwin's "Rhapsody in Blue," one of Bach's "Brandenburg Concertos" and several other "winners."

51253 W 7/15 1-2:30 PM Free/\$5

Music by the Russian Masters

Russian composers appeal to vast audiences. Tchaikovsky became the most popular with his ballets, symphonies and concertos. His "1812 Overture" has been adopted by Americans and is played at patriotic events. Many composers works have become part of our lives, including "Peter and the Wolf," "Scheherazade," "Swan Lake" and the ever popular "Nutcracker." Spend an afternoon with the masters!

51254 W 8/19 1-2:30 PM Free/\$5
Azalea Room/Stein

Positive Aging Project

Our Positive Aging Program offers free individual counseling and informal support groups designed to address the unique challenges of aging. All groups are led by Counselor Rika Granger, LCSW-C. To make an appointment for one-on-one support, call 240-314-8810.

Women Living Alone

If you are a woman living alone, join us for this group. We will meet each month to share experiences and discuss strategies for improving the quality of our lives. Group meets 1st and 3rd Thursday of each month.

51323 Th 7/2-9/17 1-2:30 PM Free
Arts and Crafts Room

Grief and Loss Support Group

Have you lost a significant other in the last year or two? Are you suffering from a significant decline in your health? Have you had to give up your home of many years and move elsewhere? Have you lost many of your life-long friends because they have died or moved away? All these are significant losses familiar to seniors. Join Rika Granger, LCSW-C, Counselor for a support group to help understand the stages of grief and to gain support from others going through similar experiences and sharing strategies for surviving such tremendous loss. The group meets 2nd and 4th Tuesday of the month.

51326 Tu 7/14-9/22 1-2:30 PM Free
Blossom Room

Positive Aging

This group will focus on how to maintain a positive attitude accompany aging. Group meets the 3rd Tuesday of the month..

51342 Tu 7/21-9/15 1-2:30 PM Free
Azalea Room

Senior Care Giver Support Group

Are you a senior caring for your spouse, partner, parent, dependent adult child or other senior household member? This group will discuss the challenges of those who are in their senior years and continuing to provide care for loved ones. Group meets the 1st Tuesday of the month.

51346 Tu 7/7-9/1 1-2:30 PM Free
Health Room

Seniors

Peeking at the Presidents

Joan Adams, our popular college professor, presents an in-depth view of the times and issues faced by our Commanders-in-Chief.

Woodrow Wilson

51869 M 6/8 10:15-11:15 AM \$5/\$7/\$10

Warren Harding

51870 M 7/13 10:15-11:15 AM \$5/\$7/\$10

Calvin Coolidge

51931 M 8/10 10:15-11:15 AM \$5/\$7/\$10
Card Room



Science Tuesdays

Join us each month for an engaging presentation and conversation with a scientist. A different topic will be the focus each meeting. No scientific background is required, just your curiosity. Co-sponsored by Rockville Science Center.

The Magic of Electricity

Electricity is all around us yet it is quite misunderstood. Its zillions of whirling invisible electrons produce light, heat, sound, powerful magnetic fields, make our computers work, transmit radio waves for music and much more. Murray Stein, a former electrical engineering teacher, will illustrate some of the exotic things that can be done with Ben Franklin's great invention.

51786 Tu 7/14 1-2 PM Free

The Science Behind the Lens

Learn some of the technical aspects of photography (options, shutters, sensors, etc.) to make better use of f-stops, shutter speeds, sensitivity and focus. Get out of the auto-mode and enhance your photography skills. Dr. Chuck Chatlynne will review photo composition and a bit of the history of photography. Bring your camera.

51787 Tu 8/11 1-2 PM Free
Board Room

Senior Scams and Safety

Come listen to Corporal Ken Matney of the Rockville City Police Department as he discusses senior awareness and home safety. We need to be alert when out and about and to watch out for con artists who are always on the prowl. Learn the most updated information available.

51666 W 7/29 1-2 PM Free/\$5
Azalea Room

Star Spangled Banner and All Its Cousins

The New Old Theater presents "The Star-Spangled Banner and All Its Cousins," a delightful and spirited concert of popular music from the War of 1812 era. The musicians play familiar instruments used in the early 1800's and there is narration and song to link the historical events. Light refreshments will be served.

51347 W 7/8 1-3 PM \$4/\$6/\$9
Carnation Room

Those Fascinating Orchids

For hundreds of years, orchids have captured our hearts and have been translated into many forms of art. "Why are we attracted to orchids?" This program will cover a brief history, types of orchids and some interesting facts. Presented by an Orchid Interpreter from the Smithsonian Institution's National Museum of Natural History.

51241 Tu 7/14 10:15-11:30 AM Free/\$5
Blossom Room

Turning 65?

Happy Birthday! You now have choices and Medicare is one of them. There are important questions you need to think about now. Do you need to sign up for Medicare? Can you work and get Medicare? Join representatives from the Senior Health Insurance Assistance Program and learn where to begin and how to get help.

51356 Tu 7/14 7-9 PM Free
Carnation Room

Seniors

Computers for Seniors

Before registering, we recommend visiting the Computer Lab for course information and placement.

For class advice, call 240-314-8805 or email rockville-complab@hotmail.com. (B)=Beginner; (I)=Intermediate; (IP)=Intermediate Photography.

(B) Computer Basics

In this introductory course, learn basic skills including computer vocabulary, opening and saving files, monitor and desktop settings, shortcuts, menus and software. Create a variety of different icons to personalize your computer. Learn how to access the Internet and your e-mail from any computer.

51628	Tu & Th	7/21 & 7/23	10 AM-12 PM	\$15/\$20/\$25
51629	Tu & Th	8/18 & 8/20	10 AM-12 PM	\$15/\$20/\$25
51630	Tu & Th	9/15 & 9/17	10 AM-12 PM	\$15/\$20/\$25

Computer Lab

(B) Computers - Save and Find Documents

Can't find a file or photo you saved? Learn the Windows filing method. Topics include creating, naming and filing folders, saving files to backup disks and creating, moving or deleting a desktop shortcut.

51662	Tu	7/28	1-3 PM	Free/\$5/\$7
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Computer Lab/Martin

(B) e-Mail Fundamentals

E-mail got you down? Learn how to enroll and use an e-mail program. In some cases, you may be able to use your preferred e-mail provider in this class as you practice sending, downloading and saving attachments.

51658	Tu	8/25	1-3 PM	Free/\$5/\$7
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Computer Lab/Martin

(B) Function Keys

One of the biggest differences between a typewriter and the computer keyboard is the row of keys at the top of the keyboard that are labeled F1 through F12, commonly known as function keys. These keys may have a variety of different uses or no use at all. See how function keys will improve your work on your computer.

51634	M & W	8/3 & 8/5	10 AM-12 PM	\$15/\$20/\$25
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Computer Lab/Hickman

(B) New to Computers?

For those new to computers (or just afraid to try) this class will familiarize you with the basic components of computers. We will introduce you to everyday tasks like email, word processing and surfing the web. No experience required.

51624	Tu	7/7	10 AM-12 PM	\$5/\$7/\$9
51625	Tu	8/4	10 AM-12 PM	\$5/\$7/\$9
51626	Tu	9/1	10 AM-12 PM	\$5/\$7/\$9

Computer Lab/Hickman

(B) Right Click - Left Click

Come discover how to find, move, copy and save your files and pictures. Create or delete shortcut icons on your desktop, emails and documents. It is all easy when you understand your mouse.

51661	Tu	9/8	1-3 PM	Free/\$5/\$7
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Computer Lab/Martin

(B) Windows PC Backup

Backing up your system (files) is an often neglected task. When and how do I back up my system? How long do I hold my backups? What type of backup media is the best? Learn the answers to these and other important questions you might have. Note: \$3 material fee payable to instructor at first class.

51652	Th	7/30	10 AM-12 PM	\$7/\$9/\$13
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Computer Lab/Hickman

(B, I) SKYPE/Webcams

Make free telephone calls anywhere in the world to anyone on your call list. That's what SKYPE does. We'll discuss how to set up this high-quality telephone service and its advantages.

51370	M	8/10	10 AM-12 PM	\$7/\$9/\$13
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Computer Lab/Bender

(BI) Discover Facebook

A one-session class where all participants will set up their own Facebook accounts using the computers in the Senior Center Computer Lab. We will discuss various privacy options and allow everyone to set privacy controls and permissions at their own comfort level.

51655	Tu	8/4	1-3 PM	\$7/\$9/\$13
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Computer Lab

Seniors

(BI) iPhone Basics...How to Feel Smart

A hands-on class for iPhone beginners and anyone else who wants to get more out of their iPhone. We will start with the basics: terminology, the physical layout and settings. Discover the iCalendar and camera and Siri, voice dictation, manage contact and connect to iTunes and the App store. Keep your iPhone running efficiently and learn to use iCloud for back-up. Bring your iPhone, power cord and adapter to class. If you already have an iTunes account, bring your ID and password. Note: There may be a handout fee.

51654 M & W 7/20-7/29 1-3 PM \$40/\$48/\$60
Computer Lab

(BI) Navigating Facebook

Spend two sessions discovering how to enjoy connecting through Facebook. Learn how to find friends, 'friend' people, 'like' something, post status updates, photos and comments. We will also review our individual privacy settings as we progress from one task to another and reset them if necessary. Note: There may be a handout fee.

51656 Tu 8/11 & 8/18 1-3 PM \$20/\$24/\$30
Computer Lab

(BI) PC Infections

As more and more information is available on the Web, it is increasingly important to protect your identity and to maintain your computer's security. Learn tips to ensure both you and your computer are protected against hackers, scammers and identity thieves. Learn how to identify the signs and symptoms of malicious software.

51635 Tu 9/1 1-3 PM \$7/\$9/\$13
Computer Lab/Hickman

(BI) Unravel iPad Mysteries

A hands-on class for iPad beginners and anyone else who wants to get more out of their iPad. We will start with the basics: terminology, the physical layout and settings. The class will progress to discovering Siri voice activation and integrating with the Cloud. Bring your iPad, power cord and adapter to class. If you already have an iTunes account, bring your login ID and password. Note: There may be a handout fee.

51657 M & W 7/20-7/29 10 AM-12 PM \$40/\$48/\$60
Computer Lab

(BI) Voice Commands

Talk and your computer types. Imagine using your voice to control your computer! Create and edit documents or e-mails, launch applications, open files, control your mouse and more. Learn to set up your computer for Windows or Speech Recognition. Program requires Windows 7 or 8.

51636 Th 7/9 10 AM-12 PM \$7/\$9/\$13
Computer Lab/Hickman

(I) Computer Troubleshooting

Most people experience occasional computer problems such as a document that won't print, a computer that won't turn on, the inability to access the internet or a blue screen. Don't panic. Come learn some basic troubleshooting techniques and solve your computer problems.

51638 M & W 7/6 & 7/8 10 AM-12 PM \$15/\$20/\$25
Computer Lab/Hickman

(I) Laptops - Windows 7

You can do just about anything on a laptop that you can do on a desktop. Bring your laptop to class and learn about wireless connections, touch pads, Internet access, protecting your computer from theft and other important features of Windows 7.

51642 M & W 7/13 & 7/15 10 AM-12 PM \$15/\$20/\$25
Computer Lab/Hickman

(I) Laptops - Windows 8

You can do just about anything on a laptop that you can do on a desktop. Bring your laptop to class and learn about wireless connections, touch pads, Internet access, protecting your computer from theft and other important features of Windows 8.

51643 Tu & Th 8/25 & 8/27 10 AM-12 PM \$15/\$20/\$25
Computer Lab/Hickman

(I) Maintaining Your Computer

Does your system have frequent pop-up messages? Does it take a while to start up or shut down? We will look at some tips to help improve its performance and answer questions that puzzle you about your computer. Note: Handout fee of \$3 will be collected at class.

51639 M & W 8/26 & 8/31 1-3 PM \$9/\$11/\$13
Computer Lab/Hickman

Seniors

(I) Microsoft Excel

Learn how to enter data, create a basic worksheet from data, and design, develop, format and manipulate spreadsheets with MS Excel (10 Version). Note: \$5 handout fee payable to instructor at first class.

51645 Tu & Th 8/6-8/13 10 AM-12 PM \$27/\$34/\$42
Computer Lab/Hickman

(I) Microsoft Word

Have you struggled with the appearance of your text, not been able to line up text, collate a list or make your documents look professional? Join us as we explore these and other issues. Note: \$5 handout fee payable to instructor at first class.

51644 M & W 8/12-8/19 10 AM-12 PM \$27/\$34/\$42
Computer Lab/Hickman

(I) PowerPoint 2010

Create a dynamic electronic presentation using eye-catching features. Learn how to use built-in templates, themes, designs and background styles. Topics will also include how to add titles, charts, tables and pictures. Note: \$5 handout fee payable to instructor at the first class.

51648 Tu & Th 9/3-9/10 10 AM-12 PM \$31/\$38/\$45
Computer Lab/Hickman

(I) Profit From Your Options

Options can work to enable you to double or triple dividends on stock you already own. Come and learn how to trade options safely on stock you do not own for returns of 1 - 5% weekly without investing any of your own money. Detailed handouts will be provided for your future reference and a handout fee of \$5 will be collected at the first meeting.

51369 M & W 8/10-8/19 1-3 PM \$36/\$46/\$56
Computer Lab/Bender

(I) Thumb Drives , Etc.

Learn how to copy pictures or files on to a flash drive (thumb drive) and how to then cut, copy and paste files from your thumb flash drive to any other computer. It's important to have a backup copy of work on your computer.

51649 W 9/2 1-3 PM \$7/\$9/\$13
Computer Lab/Hickman

(I) Windows 7

Check out the look of Windows 7: control panel, screen savers, wallpaper and more. Learn what's on the desktop, in file management, monitor and power settings. Advanced tools such as auto arranging your desktop, using sticky notes and the gadget feature will also be covered.

51651 M & W 8/24-9/2 10 AM-12 PM \$36/\$46/\$52
Computer Lab/Hickman

(I) Linux Mint: An Intervention *New*

Learn about this operating system, now used by more than 60 million people worldwide. Linux Mint is a modern, elegant and comfortable operating system which is powerful, easy to use and it is free! It is the third most widely used home operating system behind Microsoft Windows and Apple Mac OS.

51371 M 8/24 1-3 PM Free/\$5
Computer Lab/Bender

Fitness and Wellness

We recommend bringing a water bottle to all fitness programs.

A Matter of Balance

Balance exercises help improve stability, coordination, leg strength and posture. The exercises in this class are designed to help reduce the risk of falling, help prevent injury and improve overall daily life.

51980 M 6/22-8/17 12:10-12:50 PM \$33/\$38/\$48
51981 W 6/24-8/19 12:10-12:50 PM \$33/\$38/\$48
Exercise Room/TBA

Aerobic Workout

Step up to the latest exercise designed for the active senior who can walk and turn with ease. Aerobic dancing provides enjoyable exercise using easy dance movements with one foot safely in contact with the floor at all times.

51797 Tu & Th 6/23-8/20 11 AM-12 PM \$48/\$60/\$72
Exercise Room/Klopper

Seniors

All Day Exercise

Would you like to try a new exercise class to help spice up your fitness routine? Come preview many classes that will be offered this fall. We'll have several free, 25-minute class demonstrations offered throughout the day. Try as many as you would like.

51799 Th 8/27 10 AM-2 PM Free
Exercise Room/TBA

Arthritis Foundation - Exercise

Designed by the Arthritis Foundation, this class uses gentle movements to help increase joint flexibility and range of motion, maintain muscle strength and increase overall stamina. Exercise can help reduce pain and stiffness as well as feelings of isolation and depression.

51801 Tu & Th 6/23-8/20 1-2 PM \$53/\$65/\$78
Exercise Room /Owen

Brain Fitness *New*

Join us for 90 minutes of brain fitness activities that will help improve your memory, enhance positive thinking and maintain your abilities as you age. Presented by Counselor Rika Granger, LCSW-C.

51348 Tu 6/23 1-2:30 PM Free
Board Room

Cardio Fusion

Add some spice to your aerobic routine with this new class, which will combine the heart-healthy benefits of easy to follow Zumba and aerobic dance moves. Learn proper form and technique for each move before progressing to the next and then have fun putting them into practice for a great cardio workout.

51982 M 6/22-8/17 11:15 AM-12 PM \$33/\$41/\$48
Carnation Room/Serrano Gonzalez

Cardio Motion

Try this great program designed to offer 30 minutes of easy to follow cardio dance movements followed by 30 minutes of strength training for a complete workout. Mat work will be done in this class.

51805 M & W 6/22-8/19 1-2 PM \$48/\$60/\$68
Exercise Room/TBA



Chair Cardio

Try this exciting cardio class and get your heart pumping while listening to fun, energetic music. Stay seated throughout the entire class and get a great aerobic workout.

51806 F 6/26-8/28 1:30-2:30 PM \$30/\$37/\$43
Exercise Room/Owen

Chair Exercise

This seated program is performed to music. Exercise patterns are designed for those with limited mobility to help develop strength, flexibility, endurance and promote better circulation.

51807 M & W 6/22-8/19 11 AM-12 PM \$48/\$60/\$68
Exercise Room/Ramsey

Chair Yo-Chi

This seated mind-body class combines Chinese T'ai Chi movement patterns with yoga postures. This program helps with mobility and flexibility by combining the two oldest mind-body programs, while increasing overall wellness.

51979 Th 6/25-8/20 3-3:50 AM \$30/\$37/\$43
Exercise Room/Serrano Gonzalez

Dance Party

Join us for the afternoon and have a blast dancing to the music. We will be using aerobic and Zumba dance moves. Light refreshments served.

51991 Th 6/11 1:30-3 PM \$5/\$7/\$9
Carnation Room/TBA

Easy Feet

Using fun, energetic music, you will learn easy to follow patterns while receiving a great light cardio workout. This class is appropriate for beginners.

51983 F 6/26-8/28 11:15 AM-12 PM \$30/\$37/\$43
Exercise Room/TBA

Seniors

Easy Zumba

Combine fun, energetic and motivating music with easy to follow movements and dance away your worries. Zumba is great for both the body and mind. This feel-happy workout will encourage you to keep coming back for more. Appropriate for beginners.

51810 M & W 6/22-8/19 10-10:50 AM \$48/\$60/\$72
(M) Exercise Room/Serrano Gonzalez
(W) Carnation Room/Serrano Gonzalez

Fitness Club

Interested in becoming a Fitness Club member? Work out in our state of the art fitness room. Basic equipment training is required for new members. Instruction is offered by appointment only. You must be a Senior Center member to join the Fitness Club. The Fitness Club membership fee is \$85 annually. Stop by the front desk to set up your appointment.

Basic Exercise Machine Training

Basic exercise machine training is required of all new fitness club members. This is done by appointment only. Appointments can be made at the front desk. Some Saturday appointments available.

51811 M-F 8/10-10/2 8 AM-6 PM \$15

Exercise Machine Training Plus

For those individuals who would like more than the required basic training, this training is done by a certified personal trainer. Receive an exercise plan designed specifically for your individual needs. Some Saturday appointments available.

51812 M-F 8/10-10/2 8 AM-6 PM \$40
Fitness Room/TBA

Forever Fit

Receive a total body workout that combines cardio exercise, strength training and flexibility. All exercises are done standing or seated in a chair. No mat work will be done. Exercises are appropriate for all fitness levels.

51813 Tu & Th 6/23-8/20 10-10:50 AM \$58/\$72/\$84
Exercise Room/Maguire



Facts & Myths of Staying Hydrated *New*

Did you know that the human brain and heart are made up of 73% water? Join us for a talk about the importance of staying hydrated. Learn interesting facts and myths about H₂O and our bodies. Ask lots of questions, share and take a fun quiz at the end. Presented by Bozena Skraban, Community Health Coordinator, Adventist Healthcare.

51988 W 7/15 1-2 PM Free
Card Room

Indoor Walking

Anytime is a great time to commit to a walking program. Feel and look better while getting healthier. This is a safe and fun indoor walking class that will help increase circulation, boost your immune system and burn calories. Walk approximately one mile each class.

51815 Tu & Th 6/23-8/20 12:15-12:45 PM \$25/\$30/\$38
Exercise Room/Owen

Keep Your Eye on the Prize *New*

It's no secret that vision declines with age. Learn the essentials for eye health as well as prevention and treatment options for glaucoma and cataracts with optometrist Dr. Anupam Laul.

51665 Th 9/24 1-2 PM Free
Azalea Room

Lyme Disease - The Great Imitator *New*

Lyme disease is known to mimic other illnesses as well as develop into other serious health conditions making it a very difficult disease to diagnose and treat. Dr. Vikas Kapoor will discuss treatment options, current findings and what to look for to prevent the development of this disease. Stay safe this summer!

51989 Th 7/23 1-2 PM Free
Azalea Room

Seniors

Minimize Your Fall Risk

Join the discussion on common causes/reasons for falling at home or in the community. Persons at risk for falling will be identified. Presenter Deborah Werner, PT from ProAction Physical Therapy, will offer possible strategies and interventions to decrease or prevent falls. Learn about physical therapy intervention, when to seek physical therapy or medical intervention and how to get help through Medicare.

51361 W 9/9 1-2:30 PM Free
Azalea Room

Moving Forward with Parkinson's Disease *New*

Whether it is your genetic makeup or environmental factors, certain triggers put us at risk for developing Parkinson's disease. Although there is still much to learn about this neurodegenerative brain disorder, Dr. Kelly Mills, a Johns Hopkins Assistant Professor of Neurology for the Movement Disorder Division will review current research and findings.

51990 Th 8/27 1-2 PM Free
Azalea Room

Personal Trainer

Be evaluated by a nationally-certified personal trainer who will design an individualized program based on your needs. Register at the front desk and you will be contacted by one of our trainers to schedule an appointment. Some Saturday appointments are available. Fitness Club members only.

One - 1 Hour Session

51818 M-Sa 6/22-9/12 9 AM-6 PM \$49

Two - 1 Hour Sessions

51819 M-Sa 6/22-9/12 9 AM-6 PM \$95

Three - One Hour Sessions

51820 M-Sa 6/22-9/12 9 AM-6 PM \$135

Six - One Hour Sessions

51821 M-Sa 6/22-9/12 9 AM-6 PM \$250

Ten - One Hour Sessions

51822 M-Sa 6/22-9/12 9 AM-6 PM \$395
Fitness Room

Senior Abs and Back

The core is the key to better posture, better balance and better movement. This class will focus on the core through exercises using your upper and lower abdominals, pelvic floor, obliques, buttocks and mid and lower back muscles. Most exercises will be done on the floor; participants must be able to get up and down from the mat.

51984 Tu 6/23-8/18 5-5:45 PM \$32/\$40/\$48
Exercise Room/Serrano Gonzalez

Senior Core Fusion

Condition your body and increase flexibility in this fusion class, which is a combination of yoga, Pilates and functional core training. Stability balls and mats will be provided.

51827 F 6/26-8/28 2:30-3:15 PM \$40/\$48/\$57
Exercise Room/TBA

Senior Fit

Improve your health and become more independent with the help of an exercise physiologist. Sponsored by Holy Cross Hospital and Kaiser Permanente, all participants must register and have a signed doctor's certificate. Note: First Wednesday of every month, class held at Lincoln Park Community Center.

51829 M & W 7/6-9/9 1:30-2:15 PM Free
51830 M & W 7/6-9/9 2:20-3:05 PM Free
Carnation Room/Aehle

Senior Functional Training

While focusing on functional movement, this class includes routines designed to improve strength for all muscle groups. Supercharge your workout, boost your metabolism, burn fat and reach your fitness goals. Participants will use weights and mats. This workout is for all fitness levels.

51985 Sa 6/27-8/22 10-11 AM \$38/\$48/\$57
Fitness Room/Owen

Senior Interval Training

Looking to increase your level of fitness? This class will challenge active seniors to increase energy, reduce stress and build confidence combining strength training, cardio and core work. Mat work will be done.

51831 W 6/24-8/19 2:15-3:15 PM \$43/\$54/\$64
Exercise Room/TBA

Seniors

Senior Pilates - Basics

Learn all the basic Pilates moves while targeting abdominal and pelvic muscles to improve balance, posture, flexibility and core strength. Enjoy this non-impact, mind/body workout using mats (provided). This class is appropriate for beginners.

51835 Th 6/25-8/20 10-10:45 AM \$57/\$71/\$85
Blossom Room/Serrano Gonzalez

Senior Pilates - Intermediate

Participants should have a basic knowledge of Pilates movements and breathing. Strengthening and stretching exercises will target abdominal and pelvic muscles to improve balance, posture, flexibility and core strength.

51832 Tu 6/23-8/18 2:15-3 PM \$57/\$71/\$85
51833 Tu & Th 6/23-8/20 2:15-3 PM \$98/\$122/\$147
Exercise Room/Klopper

Senior Sculpt

It's never too late to build muscle. Work all your major muscle groups with the use of weights, bands and tubes. The instructor will guide you through each movement with specific instructions. All movements will be appropriate for seniors. This class includes work on the mat.

51836 F 6/26-8/28 9-9:45 AM \$40/\$50/\$60
Thomas Farm CC Gym/Ramsey

Senior Strength and Stretch

This class begins with 30 minutes of strength training exercises, which includes the use of weights, tubes and bands, as well as core-strengthening mat work. We will finish the class with 15 minutes of yoga, leaving the body stretched and relaxed. This class includes work done on the mat.

51837 F 6/26-8/28 9-9:45 AM \$40/\$50/\$60
Exercise Room/Maguire

Senior Strength Training

This class is designed to build muscle strength, endurance and improve balance. Instructor will guide you through a variety of movements while working all major muscle groups with the use of weights, bands and tubes. This class includes work done on the mat.

51838 Tu & Th 6/23-8/20 9-9:45 AM \$64/\$80/\$96
Exercise Room/Ramsey

Senior T'ai Chi Ch'uan Beginner/Intermediate

Combine body movement, breathing and mental awareness to promote health and relaxation. This class will incorporate and compare different styles of T'ai Chi, which will include certain historical and cultural aspects. For Senior Center members only.

51839 Tu & Th 6/23-8/20 10-10:50 AM \$8
Carnation Room/Tuanmu

Senior Triple Challenge

This great class will address the three major components of exercise: cardio conditioning, strength training and flexibility. Receive a total body workout in only an hour. Class can be modified for most fitness levels. This class includes work done on the mat.

51841 W 6/24-8/19 5-6 PM \$44/\$55/\$66
Exercise Room/Biedscheid

Senior Yoga

Yoga is a lifestyle incorporating exercise, diet, proper breathing, relaxation, meditation and positive thinking. Learn gentle stretching and strengthening exercises. Wear comfortable, loose-fitting clothing. Bring a yoga sticky mat.

51842 W & F 6/24-8/26 (W) 9:50-10:50 AM \$93/\$116/\$139
(F) 10-11 AM
Exercise Room/Figure

Stress Reduction and Meditation

Are you stressed? Does anxiety cause you to feel nervous and keep you awake at night? This class will give you the tools to focus, relax, and come to a more peaceful sense of being. Betty Figlure has taught meditation, guided imagery and stress reduction classes for over 28 years.

51455 M 7/6-8/31 1-2 PM \$30/\$35/\$40
Board Room

The Natural Foods Journey *New*

Take a trip through the world of natural and organic foods to better understand healthy eating, item ingredients and health food industry trends. Presented by Michael Houston, Store Manager, Dawson's Market.

51667 W 7/8 1-2:30 PM Free
Azalea Room

Seniors

Total Conditioning Workout

This strength building, non-cardio fitness class is designed to improve strength, flexibility and balance using hand-held weights, bands and tubes. Intensity may be modified to suit most fitness levels. This class includes mat work.

51849	M	6/22-8/17	9-9:45 AM	\$44/\$55/\$66
51850	F	6/26-8/28	12:15-1 PM	\$44/\$55/\$66

Exercise Room/Klopper

Triple Zen

Experience the benefits of flexibility through yoga while gaining core strength and conditioning through Pilates in this fusion class, performed in a flowing pattern. Bring a yoga sticky mat.

51986	M	6/22-8/17	12:15-1 PM	\$45/\$56/\$67
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Carnation Room/TBA

Yo-Chi

This mind-body class combines standing and floor-based yoga postures with Chinese T'ai Chi movement patterns for the arms and legs. This fusion program will improve stability, strength, mobility and flexibility by combining the two oldest mind-body programs. Bring a yoga sticky mat. Modifications are available. Class is for most fitness levels.

51987	M	6/22-8/17	2:10-2:50 PM	\$30/\$37/\$43
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Exercise Room/Serrano Gonzalez

Yoga Flow

Sequence through basic yoga poses, including Warrior 2, Chair and Tree pose, in a slow-to-moderate flow pattern. This yoga practice begins with a warm-up and ends with a relaxation period. Please bring a yoga sticky mat.

51852	Tu & Th	6/23-8/20	1-2 PM	\$65/\$81/\$98
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Exercise Room/Serrano Gonzalez

Yoga-lates on the Ball

Tone, strengthen and stretch your muscles in this dynamic total body conditioning workout utilizing the stability ball. Learn a variety of creative exercises that challenge both mind and body. Increase body awareness, balance and coordination through core stability, using yoga and Pilates.

51853	W	6/24-8/19	8:45-9:30 AM	\$48/\$59/\$68
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Exercise Room/TBA

Zumba Gold

This easy Latin and internationally-inspired program is designed for beginners. It creates a party-like atmosphere that is fun, and effective. Zumba Gold is great for the body and soul and provides a total body workout.

51854	M	6/22-8/17	5-6 PM	\$33/\$41/\$48
51856	Sa	6/27-8/22	11 AM-12 PM	\$33/\$41/\$48

Exercise Room/Serrano-Gonzalez

Sports - Instructional

We recommend bringing a water bottle to all sports programs.

Bocce Ball Tournament

Enjoy an entertaining, fun and social morning. Our tournament is open to everyone. For center members only. Tournament members must register.

51804	Tu	7/28	9:30-11 AM	Free
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Bocce Ball Court/Neale

Table Tennis - Beginner

This class is for those with little or no experience who want to learn techniques, basic rules and scoring. Not only is it fun to play, but the game also helps increase dexterity, flexibility, coordination and reflexes.

51847	M	6/22-7/27	1-2 PM	\$28/\$35/\$42
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Game Room/TBA

Table Tennis - Intermediate

This class is for those who have a basic knowledge of the rules and scoring and experience playing. Not only is the game fun to play but it also aids in dexterity, flexibility and coordination.

51846	W	6/24-7/29	1-2 PM	\$28/\$35/\$42
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Game Room/TBA

Table Tennis - Advanced

This class is for those players who have advanced beyond the intermediate level of play. Participants must have a strong knowledge of rules and scoring.

51845	F	6/26-8/7	1-2 PM	\$28/\$35/\$42
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Game Room/TBA

Seniors

Wii Play

Come bowl, play golf, baseball or tennis or try your fists at boxing - all through the game system, Wii. The light-weight remote is the key to these fun interactive games. Come and join the games on Friday mornings. Senior Center members only.

51851 F 6/26-8/28 10 AM-12 PM Free
Azalea Room/TBA

Sports - Leagues

We recommend bringing a water bottle to all league practices and games.

Bocce Ball Club

This lawn game is easy to learn and can be enjoyed at all levels. There is a court located behind the Senior Center. If interested in joining a team, register for this activity at the Front Desk. For members only.

51803 Tu & Th 6/30-10/8 10-11 AM Free
Bocce Ball Court/Neale

Game Room Activities

Play pool and table tennis daily in our game room. Open Monday and Wednesday 8:30 a.m.- 7 p.m., Tuesday, Thursday and Friday, 8:30 a.m.- 5 p.m. and Saturday, 8:30 a.m.- 2:45 p.m. Practice games, clinics, instruction and tournaments are held regularly. Table tennis is available at Twinbrook Community Recreation Center on Wednesday, 9-10 a.m. For Senior Center members only.

51814 M-Sa 6/8-9/5 Times listed above Free
Game Room

Senior Duffers

Enjoy the 2015 golf season. Play is arranged at local golf courses. All levels of ability are invited to join, however this is not a teaching activity. Both 9 and 18-hole play are available.

51828 M 6/22-10/19 7:30 AM-1 PM \$6/\$7/\$9
TBA/Reamy

Summer Corn with Cilantro



2 cups corn kernels (4 medium ears)
2 tablespoon unsalted butter
1 tablespoon olive oil
1 tablespoon minced garlic
2 tablespoon minced ginger
1 teaspoon Serrano or jalapeno pepper, seeded and chopped
3/4 cup scallions, chopped
1 teaspoon kosher salt
Juice from half a lime
Freshly ground pepper
2 tablespoons fresh cilantro, chopped

Saute scallions in 1 tablespoon of butter, 1/2 teaspoon salt and olive oil over medium heat until soft, about 3 minutes. Add ginger, garlic, Serrano pepper, corn, 1/2 teaspoon salt and remaining butter. Cook 3-4 minutes, stirring frequently until corn is still a bit toothy. Remove from heat. Add cilantro, lime juice and pepper. Stir and allow to sit for a few minutes. Season to taste with more salt, pepper or lime juice. Serve with a little garnish of chopped cilantro.



Seniors

Trips

TRIP REGISTRATION



In-Person Lottery

Tuesday, May 19, 10:30 a.m.

Senior Center Members and Residents
Numbers distributed random order, 10:15 a.m.

Friday, May 22

Nonresidents and Nonmembers
Registrations accepted at Senior Center only.

Individuals may register for themselves and
one other person.

Sinatra Sings Sinatra - Wolf Trap

This is a very special year for one of the most popular entertainers of all time, Frank Sinatra. This summer, Frank Sinatra, Jr. will perform a multimedia centennial celebration of his father with a full orchestra and exclusive family movie footage. We have orchestra seats to the best show in town with songs made famous by the Chairman of the Board, like, "New York, New York" and "Strangers in the Night." Trip includes charter bus transportation, leadership and orchestra seat.

51795 Th 7/9 6-11:30 PM \$85/\$105/\$120
Departs: Glenview Mansion

South Pacific - Allenberry Playhouse

We're off to Pennsylvania to one of the finest garden and market centers in the region, Ashcombe Farm. We continue on to Allenberry Playhouse, celebrating its 66th season for a buffet lunch and the Rodgers and Hammerstein classic, "South Pacific." This sure to be "Some Enchanted Evening!" Trip includes buffet lunch, leadership, orchestra seat and charter bus transportation.

51866 Th 7/23 8 AM-6 PM \$92/\$115/\$132
Departs: Glenview Mansion

Annual Crab Feast

Take a trip over the Chesapeake Bay Bridge to Kent Island for our Annual Crab Feast at Fisherman's Crab Deck. Enjoy the breezes along the water's edge and have an all- you-can-eat crab experience. Trip includes leadership, charter bus transportation and lunch.

51256 Th 8/6 10:30 AM-4:30 PM \$75/\$94/\$108
Departs: Glenview Mansion

Annapolis Scenic Cruise

A spectacular 6-mile cruise on the beautiful scenic Severn River will afford us views of the historic Annapolis Harbor including the U.S. Naval Academy. Check out the gorgeous waterfront homes and wetlands along the calm waters of the Severn. After the 90-minute cruise, we will lunch and then have free time in downtown Annapolis. Trip includes charter bus transportation, leadership, lunch and cruise.

51962 F 8/21 11 AM-5:30 PM \$65/\$81/\$93
Departs: Glenview Mansion

Questions about your workout?

Ask the Trainer!

Call for a free 15-minute
appointment
or stop by the Fitness
Room desk.

(Fitness Members Only)

240-314-8813



Ask the Wellness Coach!

*Let our coach check your
body fat composition.*

Ask questions related to
nutrition, diet and
general health.

Call for your free 15-minute
appointment or stop by the
Fitness Room desk.

(Fitness Members Only)

240-314-8813



Rockville Senior Center

FITNESS CENTER

**It's the best time to be a
senior in Rockville!**

7 a.m. – 7 p.m. Monday-Friday

7 a.m. – 3 p.m. Saturday

www.rockvillemd.gov/seniorcenter

240-314-8800

INTERNATIONAL DAY

A Celebration of Cultures

Friday, June 12

10:30 a.m.-Noon

- Displays
- Costumes
- Tastings
- Dance demonstrations

Rockville Senior Center

Concert Under the Stars

Rockville Swing Band

Tuesday, Sept. 15
7-8:30 p.m.
Rockville Senior Center
1150 Carnation Drive

Free Concert

Sponsored by the
Senior Citizens Commission

www.rockvillemd.gov/seniorcenter
240-314-8800

Rockville Senior Center

HEALTH FAIR



Wednesday, May 27
11 a.m. - 1:30 p.m.

FREE

Health screenings,
healthy snacks and more!!

IN THE NEXT ISSUE...

Swing into fall in the City of Rockville with an outdoor concert by the **Rockville Swing Band** "Under the Stars" at the Senior Center!



Rockville Swing Band



Annual Classic Car Show



Annual Rockville 10K/5K

Tradition continues at Rockville Civic Center Park with the **Antique and Classic Car Show** on October 17th. (Raindate: Oct. 24)

Why not get out your jog togs and join your neighbors at the **Annual Rockville 10K/5K** on November 1st. Enjoy the colors as you run through the King Farm/Rockville area.

There is always something rocking in Rockville!

Aquatics

**No classes Memorial Day Weekend
May 23-25**

Fees:

M = RSFC Member • NM = Non-RSFC Member

Registration Procedures

Swim Center Members

Thursday, May 14, 8:30 a.m.

Swim Center Non-members

Tuesday, May 19, 8:30 a.m.

Registration Deadline
One week prior to start date

To be eligible for a membership discount, participants registering for a course must have an annual, winter or summer membership for aquatics or the full facility. See www.rockvillemd.gov/swimcenterfeeschedule for a list of membership rates and types.

Credits or refunds will be issued for medical reasons only and must be accompanied by a letter from your doctor.

Note: \$10 withdrawal fee for all refunds; \$5 transfer fee.

Mail to:

Swimming Lessons

RSFC

355 Martins Lane

Rockville, MD 20850

Fax to:

Swimming Lessons

240-314-8759

Rockville Swim and Fitness Center

355 Martins Lane, Rockville, MD 20850

www.rockvillemd.gov/swimcenter

240-314-8750



The Swim Center has two indoor and two outdoor pools, outside interactive “sprayground,” 150-foot waterslide, dry saunas, whirlpool and fitness center. Several types of memberships are available or a daily admission pass can be purchased. Pool memberships must be up-to-date to receive the discounted rate for classes. A meeting room and kitchenette are available for event rental.

Please Note:

The Rockville Swim and Fitness Center is moving forward on a project that will replace the South Pool deck and renovate the heating, ventilation and air-conditioning (HVAC) system in the pool area. While we look forward to the completion of repairs and renovations, the construction process will inevitably cause service interruptions to various users and programs. The project is expected to take nine months to complete, during which time the North Pool and outdoor facilities may be used for Center programs. As details of the construction timeline are finalized, arrangements for program and facility schedule alterations will be shared with customers of the Swim and Fitness Center. We will communicate with customers via the “Notify Me” email group (sign up online at www.rockvillemd.gov/swimcenter), and by notices posted at the facility and on the website.



Aquatics

Adult/Child Swim

An adult must accompany each child into the water for every adult/child program. A signed doctor's note is required for the first class (either on the doctor's letterhead or a prescription pad.) The City does not provide a form for this purpose. Note: non-toilet trained children must wear a swim diaper under tight-fitting vinyl pants. Pants are on sale at the Center.

Bubblers 1

Introduce your baby to the water in a relaxed and playful manner. Learn basic skills and water safety.

Age: 6-18 mo				M/NM
51414	F	6/19-8/7	10-10:30 AM	\$71/\$89
51415	Sa	6/20-8/8	10:50-11:20 AM	\$62/\$78
51416	Su	6/21-8/9	10:15-10:45 AM	\$62/\$78

Bubblers 2

Tots with little or no experience are welcome. Children will learn the basics of swimming such as submerging, floating, kicking and arm stroking.

Age: 18-36 mo				M/NM
51417	M & W	6/15-7/8	3-3:30 PM	\$71/\$89
51418	Tu & Th	6/16-7/9	9:30-10 AM	\$71/\$89
51419	Sa	6/20-8/8	8:30-9 AM	\$62/\$78
51420	Sa	6/20-8/8	10:15-10:45 AM	\$62/\$78
51421	Su	6/21-8/9	9:40-10:10 AM	\$62/\$78
51424	Su	6/21-8/9	11:25-11:55 AM	\$62/\$78
51422	M-Th	7/13-7/23	4:10-4:40 PM	\$71/\$89
51423	Tu & Th	7/14-8/6	9:30-10 AM	\$71/\$89

Bobbers 1

Along with an adult, children will learn to adjust to the water. They will also learn simple water skills, such as submerging, floating, kicking and arm stroking.

Age: 3-5				M/NM
51402	Tu & Th	6/16-7/9	3-3:30 PM	\$71/\$89
51407	Sa	6/20-8/8	9:05-9:35 AM	\$62/\$78
51408	Sa	6/20-8/8	11:25-11:55 AM	\$62/\$78
51409	Su	6/21-8/9	9:05-9:35 AM	\$62/\$78
51410	Su	6/21-8/9	10:50-11:20 AM	\$62/\$78
51403	M-Th	6/29-7/9	3:35-4:05 PM	\$71/\$89
51404	M-Th	7/13-7/23	3:35-4:05 PM	\$71/\$89
51405	M & W	7/13-8/5	3-3:30 PM	\$71/\$89
51406	Tu & Th	7/14-8/6	3-3:30 PM	\$71/\$89

Bobbers 2

Children who already know how to do a front float with a kick should sign up for this class. They will work on back floats, combining parts of the crawl stroke and endurance. Work in the deep end is done as well.

Age: 3-5				M/NM
51411	Sa	6/20-8/8	9:40-10:10 AM	\$62/\$78
51412	Su	6/21-8/9	8:30-9 AM	\$62/\$78
51413	M-Th	6/29-7/9	4:10-4:40 PM	\$71/\$89

Aquatics

Fearful Floaters

This class is intended for children who have a reluctance to participate in a Floaters 1 class, but are ready to try a class without adult participation. Taught at a slower pace, it stresses water adjustment and comfort putting their face in water. To ease your child's anxiety, adults will remain on deck for the duration of the lesson.

Age: 4-6			M/NM
51432	Sa	6/20-8/8	11:15-11:55 AM \$67/\$84
51433	Su	6/21-8/9	9:45-10:25 AM \$67/\$84

Preschool Swim

We love parents ... but in order to assist us in offering a quality program for your preschooler, we ask that you do not remain at the class unless it is otherwise stated in the description. Experience has shown that preschoolers are easily distracted due to their short attention spans. Note: Registration deadline for all activities is two weeks prior to the start of the class, unless otherwise noted.

Floater 1

This class is designed for children who need to become adjusted to the water. They will learn to do front and back floats, kick and stroke as well as put their face in the water. Children will learn to swim five yards on their front and back.

Age: 4-6			M/NM
51434	M-Th	6/16-6/25	9-9:40 AM \$77/\$96
51435	M-Th	6/16-6/25	9:45-10:25 AM \$77/\$96
51436	M-Th	6/15-6/25	3:40-4:15 PM \$77/\$96
51437	M-Th	6/15-6/25	4:20-4:55 PM \$77/\$96
51456	M-Th	6/15-6/25	7:35-8:10 PM \$77/\$96
51454	Sa	6/20-8/8	11:15-11:55 AM \$67/\$84
51461	Sa	6/20-8/8	9-9:40 AM \$67/\$84
51462	Sa	6/20-8/8	9:45-10:25 AM \$67/\$84
51463	Sa	6/20-8/8	10:30-11:10 AM \$67/\$84
51438	Su	6/21-8/9	9-9:40 AM \$67/\$84
51439	Su	6/21-8/9	10:30-11:10 AM \$67/\$84
51453	Su	6/21-8/9	11:15-11:55 AM \$67/\$84
51460	Su	6/21-8/9	12-12:40 PM \$67/\$84
51440	M-Th	6/29-7/9	9-9:40 AM \$77/\$96
51441	M-Th	6/29-7/9	9:45-10:25 AM \$77/\$96
51442	M-Th	6/29-7/9	3:40-4:15 PM \$77/\$96
51443	M-Th	6/29-7/9	4:20-4:55 PM \$77/\$96
51457	M-Th	6/29-7/9	7:35-8:10 PM \$77/\$96
51464	M-Th	6/29-7/9	8:15-8:55 PM \$77/\$96
51465	M-Th	6/29-7/9	3-3:35 PM \$77/\$96
51444	M-Th	7/13-7/23	9:45-10:25 AM \$77/\$96

51445	M-Th	7/13-7/23	3:40-4:15 PM \$77/\$96
51446	M-Th	7/13-7/23	4:20-4:55 PM \$77/\$96
51451	M-Th	7/13-7/23	9-9:40 AM \$77/\$96
51452	M-Th	7/13-7/23	3-3:35 PM \$77/\$96
51459	M-Th	7/13-7/23	7:35-8:10 PM \$77/\$96
51447	M-Th	7/27-8/6	9-9:40 AM \$77/\$96
51448	M-Th	7/27-8/6	9:45-10:25 AM \$77/\$96
51449	M-Th	7/27-8/6	3:40-4:15 PM \$77/\$96
51450	M-Th	7/27-8/6	4:20-4:55 PM \$77/\$96
51458	M-Th	7/27-8/6	7:35-8:10 PM \$77/\$96
51466	M-Th	7/27-8/6	3-3:35 PM \$77/\$96
51467	M-Th	7/27-8/6	8:15-8:55 PM \$77/\$96

Floater 2

Children who are comfortable in the water, can submerge for 5-10 seconds and can swim five yards on their front and back should take this class. They will continue to work on and develop basic swimming skills, such as front and back glides, coordinated kick and arm strokes and rhythmic breathing. Prior swim lesson experience recommended.

Age: 4-6			M/NM
51468	M-Th	6/16-6/25	9-9:40 AM \$77/\$96
51469	M-Th	6/16-6/25	9:45-10:25 AM \$77/\$96
51470	M-Th	6/15-6/25	3:40-4:15 PM \$77/\$96
51471	M-Th	6/15-6/25	4:20-4:55 PM \$77/\$96
51486	Sa	6/20-8/8	9-9:40 AM \$67/\$84
51472	Su	6/21-8/9	9:45-10:25 AM \$67/\$84
51473	Su	6/21-8/9	10:30-11:10 AM \$67/\$84
51474	M-Th	6/29-7/9	9-9:40 AM \$77/\$96
51475	M-Th	6/29-7/9	9:45-10:25 AM \$77/\$96
51476	M-Th	6/29-7/9	3:40-4:15 PM \$77/\$96
51477	M-Th	6/29-7/9	4:20-4:55 PM \$77/\$96
51478	M-Th	7/13-7/23	9-9:40 AM \$77/\$96
51479	M-Th	7/13-7/23	9:45-10:25 AM \$77/\$96
51480	M-Th	7/13-7/23	3:40-4:15 PM \$77/\$96
51481	M-Th	7/13-7/23	4:20-4:55 PM \$77/\$96
51482	M-Th	7/27-8/6	9-9:40 AM \$77/\$96
51483	M-Th	7/27-8/6	9:45-10:25 AM \$77/\$96
51484	M-Th	7/27-8/6	3:40-4:15 PM \$77/\$96
51485	M-Th	7/27-8/6	4:20-4:55 PM \$77/\$96



Nothing cancels a good class quicker than waiting until the last minute to register. If there aren't enough registrations by a certain date, the course may be cancelled.

REGISTER EARLY!

Aquatics

Strokers I

Children who can swim a combined stroke on their front with rhythmic breathing and on their back for at least eight yards should take this class. The focus will be on stroke development in front crawl, back crawl and elementary backstroke arms and kick. Treading water and rhythmic breathing skills will also be taught.

Age: 4-7				M/NM
51497	M-Th	6/16-6/25	4:20-4:55 PM	\$77/\$96
51498	Su	6/21-8/9	9:45-10:25 AM	\$67/\$84
51505	Su	6/21-8/9	11:15-11:55 AM	\$67/\$84
51499	M-Th	6/29-7/9	9:45-10:25 AM	\$77/\$96
51500	M-Th	6/29-7/9	3:40-4:15 PM	\$77/\$96
51501	M-Th	7/13-7/23	9-9:40 AM	\$77/\$96
51502	M-Th	7/13-7/23	3:40-4:15 PM	\$77/\$96
51503	M-Th	7/27-8/6	9:45-10:25 AM	\$77/\$96
51504	M-Th	7/27-8/6	3:40-4:15 PM	\$77/\$96

Strokers 2

This class is for children who can swim a coordinated front crawl with rhythmic breathing and backstroke for 15 yards and are comfortable in the deep water. They will work on perfecting front/back crawl, elementary backstroke and treading water. Students will be introduced to coordinated breaststroke.

Age: 4-7				M/NM
51506	M-Th	6/15-6/25	3:40-4:15 PM	\$77/\$96
51510	Sa	6/20-8/8	9-9:40 AM	\$67/\$84
51511	Su	6/21-8/9	11:15-11:55 AM	\$67/\$84
51507	M-Th	6/29-7/9	3:40-4:15 PM	\$77/\$96
51508	M-Th	7/13-7/23	9-9:40 AM	\$77/\$96
51509	M-Th	7/27-8/6	3:40-4:15 PM	\$77/\$96

Children/Teen Swim

We love parents ... but to assist us in offering quality programs for children, we ask that parents wait in the lobby during classes. Experience has shown that children are easily distracted because of their short attention spans.

Youth I

Water adjustment is the focus of this class. Children will be introduced to front and back floats, kicking, arm stroking, blowing bubbles and swimming seven yards front and back. Children must also be able to fully submerge and must be comfortable with all of these skills prior to moving on to Youth 2.

Age: 7+				M/NM
51523	M-Th	6/16-6/25	9:45-10:25 AM	\$71/\$88
51524	M-Th	6/15-6/25	3:40-4:15 PM	\$71/\$88
51536	M-Th	6/15-6/25	4:20-4:55 PM	\$71/\$88
51533	Su	6/21-8/9	9-9:40 AM	\$62/\$77
51534	Su	6/21-8/9	11:15-11:55 AM	\$62/\$77
51535	Su	6/21-8/9	12-12:40 PM	\$62/\$77
51525	M-Th	6/29-7/9	9-9:40 AM	\$71/\$88
51526	M-Th	6/29-7/9	9:45-10:25 AM	\$71/\$88
51527	M-Th	6/29-7/9	3:40-4:15 PM	\$71/\$88
51528	M-Th	7/13-7/23	9-9:40 AM	\$71/\$88
51529	M-Th	7/13-7/23	9:45-10:25 AM	\$71/\$88
51530	M-Th	7/13-7/23	3:40-4:15 PM	\$71/\$88
51531	M-Th	7/27-8/6	9-9:40 AM	\$71/\$88
51532	M-Th	7/27-8/6	3:40-4:15 PM	\$71/\$88

Youth 2

A class for children who can submerge for 5-10 seconds, do a front and back float and swim seven yards on their front and back. Basic swimming skills, such as front and back glides, arm stroking on front and back, kicking and rhythmic breathing will be taught.

Age: 7+				M/NM
51537	M-Th	6/16-6/25	9-9:40 AM	\$71/\$88
51538	M-Th	6/16-6/25	9:45-10:25 AM	\$71/\$88
51539	M-Th	6/15-6/25	3-3:35 PM	\$71/\$88
51552	Sa	6/20-8/8	11:15-11:55 AM	\$62/\$77
51540	Su	6/21-8/9	9:45-10:25 AM	\$62/\$77
51541	Su	6/21-8/9	10:30-11:10 AM	\$62/\$77
51551	Su	6/21-8/9	12-12:40 PM	\$62/\$77
51542	M-Th	6/29-7/9	9-9:40 AM	\$71/\$88
51543	M-Th	6/29-7/9	9:45-10:25 AM	\$71/\$88
51544	M-Th	6/29-7/9	3-3:35 PM	\$71/\$88
51545	M-Th	7/13-7/23	9-9:40 AM	\$71/\$88
51546	M-Th	7/13-7/23	9:45-10:25 AM	\$71/\$88



Slide into a job!

Life Guards, Water and Land Fitness Instructors

Call 240-314-8750 for additional information.
www.rockvillemd.gov/swimcenter

Aquatics

51547	M-Th	7/13-7/23	3-3:35 PM	\$71/\$88
51548	M-Th	7/27-8/6	9-9:40 AM	\$71/\$88
51549	M-Th	7/27-8/6	9:45-10:25 AM	\$71/\$88
51550	M-Th	7/27-8/6	3-3:35 PM	\$71/\$88

Youth 3

Children who can swim a combined stroke for ten yards on their front and back should take this class. Children will learn elementary backstroke arms and kick, rhythmic breathing, how to tread water and improve their stroke.

Age: 7+				M/NM
51553	M-Th	6/16-6/25	9-9:40 AM	\$71/\$88
51554	M-Th	6/16-6/25	9:45-10:25 AM	\$71/\$88
51555	M-Th	6/15-6/25	3-3:35 PM	\$71/\$88
51556	M-Th	6/15-6/25	4:20-4:55 PM	\$71/\$88
51571	Tu & Th	6/16-7/9	7:30-8:10 PM	\$71/\$88
51569	Sa	6/20-8/8	10:30-11:10 AM	\$62/\$77
51573	Sa	6/20-8/8	11:15-11:55 AM	\$62/\$77
51557	Su	6/21-8/9	9-9:40 AM	\$62/\$77
51558	Su	6/21-8/9	10:30-11:10 AM	\$62/\$77
51570	Su	6/21-8/9	11:15-11:55 AM	\$62/\$77
51559	M-Th	6/29-7/9	9-9:40 AM	\$71/\$88
51560	M-Th	6/29-7/9	9:45-10:25 AM	\$71/\$88
51561	M-Th	6/29-7/9	3-3:35 PM	\$71/\$88
51562	M-Th	7/13-7/23	9-9:40 AM	\$71/\$88
51563	M-Th	7/13-7/23	9:45-10:25 AM	\$71/\$88
51564	M-Th	7/13-7/23	3-3:35 PM	\$71/\$88
51565	M-Th	7/13-7/23	4:20-4:55 PM	\$71/\$88
51572	Tu & Th	7/14-8/6	7:30-8:10 PM	\$71/\$88
51566	M-Th	7/27-8/6	9-9:40 AM	\$71/\$88
51567	M-Th	7/27-8/6	9:45-10:25 AM	\$71/\$88
51568	M-Th	7/27-8/6	3-3:35 PM	\$71/\$88

Youth 4

Children who are comfortable in deep water and can swim a coordinated front crawl stroke with rhythmic breathing and backstroke for 15 yards should take this class. Children will work on perfecting front and backstroke and treading water. Coordinated breaststroke will be introduced.

Prerequisite: Youth 3.

Age: 7+				M/NM
51574	M-Th	6/16-6/25	9-9:40 AM	\$71/\$88
51575	M-Th	6/16-6/25	9:45-10:25 AM	\$71/\$88
51576	M-Th	6/15-6/25	3:40-4:15 PM	\$71/\$88
51592	Tu & Th	6/16-7/9	7:30-8:10 PM	\$71/\$88
51591	Sa	6/20-8/8	9:45-10:25 AM	\$62/\$77
51577	Su	6/21-8/9	9-9:40 AM	\$62/\$77
51578	Su	6/21-8/9	9:45-10:25 AM	\$62/\$77
51589	Su	6/21-8/9	11:15-11:55 AM	\$62/\$77

51590	Su	6/21-8/9	12-12:40 PM	\$62/\$77
51579	M-Th	6/29-7/9	9-9:40 AM	\$71/\$88
51580	M-Th	6/29-7/9	9:45-10:25 AM	\$71/\$88
51581	M-Th	6/29-7/9	3-3:35 PM	\$71/\$88
51582	M-Th	7/13-7/23	9-9:40 AM	\$71/\$88
51583	M-Th	7/13-7/23	9:45-10:25 AM	\$71/\$88
51584	M-Th	7/13-7/23	3:40-4:15 PM	\$71/\$88
51593	Tu & Th	7/14-8/6	7:30-8:10 PM	\$71/\$88
51585	M-Th	7/27-8/6	9-9:40 AM	\$71/\$88
51586	M-Th	7/27-8/6	9:45-10:25 AM	\$71/\$88
51587	M-Th	7/27-8/6	3-3:35 PM	\$71/\$88
51588	M-Th	7/27-8/6	4:20-4:55 PM	\$71/\$88

Youth 5

This class is for children who can swim one length of front crawl, back crawl and swim 15 yards of elementary backstroke in good form as well as tread water, dive into and swim in deep water. Children will learn bi-lateral breathing for front crawl, breaststroke, sidestroke, butterfly arms and dolphin kick. All other previously learned strokes will be refined.

Age: 7+				M/NM
51594	M-Th	6/16-6/25	9-9:40 AM	\$71/\$88
51595	M-Th	6/15-6/25	3-3:35 PM	\$71/\$88
51604	Sa	6/20-8/8	10:30-11:10 AM	\$62/\$77
51605	Sa	6/20-8/8	9:45-10:25 AM	\$62/\$77
51596	Su	6/21-8/9	9:45-10:25 AM	\$62/\$77
51603	Su	6/21-8/9	10:30-11:10 AM	\$62/\$77
51597	M-Th	6/29-7/9	9-9:40 AM	\$71/\$88
51598	M-Th	6/29-7/9	4:20-4:55 PM	\$71/\$88
51599	M-Th	7/13-7/23	9:45-10:25 AM	\$71/\$88
51600	M-Th	7/13-7/23	3-3:35 PM	\$71/\$88
51601	M-Th	7/27-8/6	9-9:40 AM	\$71/\$88
51602	M-Th	7/27-8/6	4:20-4:55 PM	\$71/\$88

Youth 6

This class requires the ability to swim two lengths (50 yards) of front crawl, backstroke and 15 yards of side stroke and breaststroke, all in good form. Children will work on breaststroke, butterfly and turns in addition to refining other strokes.

Age: 7+				M/NM
51606	M-Th	6/16-6/25	9:45-10:25 AM	\$71/\$88
51607	Su	6/21-8/9	9-9:40 AM	\$62/\$77
51608	Su	6/21-8/9	10:30-11:10 AM	\$62/\$77
51609	Su	6/21-8/9	12-12:40 PM	\$62/\$77
51610	M-Th	6/29-7/9	9:45-10:25 AM	\$71/\$88
51611	M-Th	6/29-7/9	4:20-4:55 PM	\$71/\$88
51612	M-Th	7/13-7/23	9:45-10:25 AM	\$71/\$88

Aquatics

51613	M-Th	7/13-7/23	4:20-4:55 PM	\$71/\$88
51614	M-Th	7/27-8/6	9:45-10:25 AM	\$71/\$88
51615	M-Th	7/27-8/6	3-3:35 PM	\$71/\$88
51616	M-Th	7/27-8/6	4:20-4:55 PM	\$71/\$88

Youth 7

Swimmers able to swim four lengths (100 yards) of freestyle, backstroke and one full length (25 yards) of breaststroke should take this class. Children will work on stroke improvement, endurance, butterfly, turns and racing dives. Prerequisite: Youth 5 and 6

Age: 7+				M/NM
51617	M-Th	6/16-6/25	9-9:40 AM	\$71/\$88
51618	M-Th	6/16-6/25	9:45-10:25 AM	\$71/\$88
51619	M-Th	6/15-6/25	8:15-8:55 PM	\$71/\$88
51620	Sa	6/20-8/8	10:30-11:10 AM	\$62/\$77
51621	Su	6/21-8/9	9-9:40 AM	\$62/\$77
51622	M-Th	7/13-7/23	8:15-8:55 PM	\$71/\$88
51623	M-Th	7/27-8/6	9:45-10:25 AM	\$71/\$88

Adult Swim

Adult Beginner 1

This is an aquatic orientation class. Adults will be introduced to basic swimming skills such as front and back floats, kicking, arm strokes and rhythmic breathing.

Age: 14+				M/NM
51375	M & W	6/15-7/8	7:35-8:20 PM	\$71/\$88
51376	Sa	6/20-8/8	9-9:40 AM	\$62/\$77
51377	M & W	7/13-8/5	7:35-8:20 PM	\$71/\$88
51378	Tu & Th	7/14-8/6	8:15-9 PM	\$71/\$88

Adult Beginner 2

This class is designed for adults who have been introduced to the basics of swimming but need to work on stroke coordination and rhythmic breathing. Treading water and breaststroke will be demonstrated. Prerequisite: Adult Beginner 1

Age: 14+				M/NM
51379	M & W	6/15-7/8	7:35-8:20 PM	\$71/\$88
51380	Tu & Th	6/16-7/9	8:15-9 PM	\$71/\$88
51381	Sa	6/20-8/8	9:45-10:25 AM	\$62/\$77
51382	M & W	7/13-8/5	7:35-8:20 PM	\$71/\$88

Adult Beginner 3

Swimmers registering for this class should be comfortable in deep water, able to tread water and swim 20 yards of front and back crawl. Refine your front and back crawl and learn the elementary backstroke and breaststroke. Prerequisite: Adult Beginner 2

Age: 14+				M/NM
51383	M & W	6/15-7/8	8:20-9:05 PM	\$71/\$88
51384	Tu & Th	6/16-7/9	8:15-9 PM	\$71/\$88
51385	M & W	7/13-8/5	8:20-9:05 PM	\$71/\$88

Adult Beginner 4

Developed for participants who can swim one length of the pool but still need work on endurance and technique. Rhythmic breathing and treading water are skills required prior to taking this class. Front and backstroke, breaststroke, elementary backstroke and sidestroke techniques will be stressed. Skills will be taught to prepare students for Adult Stroke Correction. Prerequisite: Adult Beginner 3

Age: 14+				M/NM
51386	M & W	6/15-7/8	8:20-9:05 PM	\$71/\$88
51387	M & W	7/13-8/5	8:20-9:05 PM	\$71/\$88

Adult Stroke Correction

Swimmers who have perfected the basics but need to refine their strokes should take this class. Backstroke, free style, breaststroke, elementary backstroke and sidestroke will be further developed. Endurance and breathing are stressed. These sessions are not for beginners. Prerequisite: Adult Beginner 4

Age: 14+				M/NM
51388	Tu & Th	7/14-8/6	8:15-9 PM	\$71/\$88

Adult Water Fitness

Aqua Boot Camp

This fast-paced class will help you reach your fitness goals now! The exercises are performed in deep water and regardless of your age, size or fitness level, you can achieve very noticeable results. Great for those whose schedules allow just one day a week to attend or as a challenging addition to some of our other programs.

Age: 14+				M/NM
51792	M	6/15-8/3	10:15-11 AM	\$37/\$45
51390	W	6/17-8/5	10:15-11 AM	\$37/\$45
51389	F	6/19-8/7	10:15-11 AM	\$37/\$45

Aquatics

Aqua Fitness

This low-impact, high-intensity program is designed to improve flexibility, range of motion, strength, muscle tone, posture and cardiovascular endurance all while burning calories! Exercises are performed in chest-deep water to music. Styrofoam barbells and/or pool noodles may be used and will be provided.

Age: 15+				M/NM
51391	M	6/15-8/3	8:30-9:15 AM	\$37/\$45
51392	Tu	6/16-8/4	8:30-9:15 AM	\$37/\$45
51394	Tu	6/16-8/4	9:15-10 AM	\$37/\$45
51876	W	6/17-8/5	8:30-9:15 AM	\$37/\$45
51882	W	6/17-8/5	7:10-8:10 PM	\$40/\$48
51877	Th	6/18-8/6	8:30-9:15 AM	\$37/\$45
51878	Th	6/18-8/6	9:15-10 AM	\$37/\$45
51393	F	6/19-8/7	8:30-9:15 AM	\$37/\$45

Aqua Power 3/4 Hour

This vigorous shallow water class was developed from current scientific research supporting high intensity intervals (specifically timed, fast paced motions alternating with slower paced moves) as an efficient way to increase your metabolism and burn fat.

Age: 16+				M/NM
51395	M	6/15-8/3	9:15-10 AM	\$37/\$45
51396	W	6/17-8/5	9:15-10 AM	\$37/\$45

Aqua Yoga

Lower impact than traditional yoga, Aqua Yoga puts less strain on joints and provides excellent exercise with a meditative yoga practice. Ideal for those suffering from arthritis, fibromyalgia, or high blood pressure, as well as the elderly, the overweight, and those recovering from injury or surgery.

Age: 16+				M/NM
51398	Tu & Th	6/16-8/6	2-2:55 PM	\$97/\$116

Aqua Zumba

This high energy, low impact water fitness class incorporates Latin music and dance moves while toning, sculpting and burning fat. This workout is for men and women and requires no swimming skills.

Age: 15+				M/NM
51794	Tu	6/16-8/4	10:15-11 AM	\$37/\$45
51399	Th	6/18-8/6	10:15-11 AM	\$37/\$45
51400	F	6/19-8/7	9:15-10 AM	\$37/\$45

Deep Water Running and Conditioning

This program emphasizes cardiovascular strength and endurance as well as flexibility, range of motion and core strength. Classes are held in the deep water and participants use flotation belts. No swimming skills are necessary. Program will benefit runners and other active exercisers who are looking for a challenging workout.

Age: 18+				M/NM
51425	Tu	6/16-8/4	10:10-10:55 AM	\$37/\$45
51426	Th	6/18-8/6	10:10-10:55 AM	\$37/\$45

Deep Water Workout

Enjoy a class taught in the deep end of the South Pool. Ideal for participants who need a no-impact workout. Strengthen your core muscles and get an excellent workout without adding any stress to knee or hip joints. Floatation belts are used.

Age: 18+				M/NM
51428	M	6/15-8/3	9:10-9:55 AM	\$37/\$45
51431	Tu	6/16-8/4	7:10-7:55 PM	\$37/\$45
51429	W	6/17-8/5	9:10-9:55 AM	\$37/\$45
51879	Th	6/18-8/6	7:10-7:55 PM	\$37/\$45
51430	F	6/19-8/7	9:10-9:55 AM	\$37/\$45

H₂O Walking

Did you know thirty minutes of water walking equals two hours of land walking? Join this fitness program which includes walking in waist-to-chest deep water using different steps and directions at varying speeds to achieve cardio-respiratory fitness. Taught in chest deep and shallow water. Music is used.

Age: 15+				M/NM
51487	M	6/15-8/3	9:15-10 AM	\$37/\$45
51488	Tu	6/16-8/4	11:05-11:50 AM	\$37/\$45
51491	Tu	6/16-8/4	7:15-8 PM	\$37/\$45
51489	W	6/17-8/5	9:15-10 AM	\$37/\$45
51880	Th	6/18-8/6	11:05-11:50 AM	\$37/\$45
51881	Th	6/18-8/6	7:15-8 PM	\$37/\$45
51490	F	6/19-8/7	9:15-10 AM	\$37/\$45

Aquatics

Swim for Fitness

Learn to swim farther without getting tired. The goal is to swim one mile in 45 minutes without fatigue, using different strokes. Freestyle, backstroke and breaststroke are emphasized. You do not have to be a proficient swimmer to enroll, but you must be able to swim 100 yards of crawl stroke without stopping. Swimming equipment (fins, hand paddles and pull buoys, etc.) is recommended. Next challenge for you may be the Masters.

Age: 14+				M/NM
51512	Tu & Th	6/16-8/6	8:20-9:05 PM	\$80/\$98
51513	F	6/19-8/7	11-11:45 AM	\$40/\$49

Triathlete Swim Endurance

This class is designed for athletes preparing for Olympic to Ironman distance races or open water swims. These are coached, structured workouts, where swim-specific fitness, effective technique and proper pacing will be emphasized. Race management and open water skills (drafting/close-contact, pack swimming) will be discussed and practiced. Participants should be capable of swimming 200 yards of continuous freestyle.

Age: 16+				M/NM
51518	Su	6/21-8/9	7-8:30 PM	\$93/\$105

Triathlete Swim Speed Development

Class is designed for athletes preparing for Sprint to Half Ironman distance races or open water swims. These are coached, structured workouts, where swim-specific fitness, effective technique and proper pacing will be emphasized. Race management and open water skills (drafting/close-contact, pack swimming) will be discussed and practiced. Participants should be capable of swimming 200 yds of continuous freestyle.

Age: 16+				M/NM
51519	Sa	6/20-8/8	6:30-8 PM	\$93/\$105



Triathlon Swim Clinic

This clinic is designed to help develop a more effective and efficient freestyle stroke and to prepare the athlete for open water/triathlon swimming. Drills and workouts will focus on stroke technique, stroke awareness, effective pacing, speed and endurance, as well as open water/triathlon-specific skills, including sighting, drafting, passing and managing turns at buoys, and strategies for race starts, open water conditions and close-contact swimming. Participants should be capable of swimming 100 meters of continuous freestyle.

Age: 16+				M/NM
51520	Su	6/21-8/9	8:05-8:55 AM	\$62/\$70

Twinges in Your Hinges

Designed for, but not limited to, those suffering from arthritis and other related ailments. This low-impact class is geared toward increasing muscle strength, flexibility, range of motion, endurance and balance. Pain reduction and improved cardiovascular fitness are also emphasized.

Age: 15+				M/NM
51521	M & W	6/15-8/5	9:15-10:15 AM	\$84/\$105
51522	Tu & Th	6/16-8/6	8:30-9:30 AM	\$84/\$105

Senior Swim

Note: Senior residents pay the member fee.

60 Plus Swim

Need some exercise? This class is taught in the shallow end of the pool and is designed to emphasize stretching and toning. Work out while listening to popular oldies music. No need to swim or even get your hair wet! Some swim equipment used.

Age: 60+				M/NM
51374	Tu & Th	6/16-8/6	2:05-2:50 PM	\$36/\$45

Senior Aquacize - Advanced

This course is similar to Beginner Senior Aquacize, only faster paced. (Meets outside during the summer session.)

Age: 60+				M/NM
51494	M, W & F	6/15-8/7	11:05-11:50 AM	\$54/\$68

Aquatics

Senior Aquacize - Beginner

Seniors will benefit from exercising in the water. Ease yourself into the water and get a gentle workout. Join others in this low-impact environment where the water provides gentle resistance to joints and muscles.

Age: 60+ M/NM
51495 M, W & F 6/15-8/7 10:10-10:55 AM \$54/\$68

Senior Exercise Swim

Stop those aches and pains. Enjoy a program designed to rejuvenate, recondition and strengthen tired, aching bodies. The natural resistance provided by the water is the ideal environment for a gentle, yet dynamic approach to a healthy body.

Age: 60+ M/NM
51496 M & W 6/15-8/5 2-2:45 PM \$36/\$45

Special Swim

Aquatic Doctor's Orders

The doctors have spoken. Now practice what they preach. Water provides a stress-free environment that enables you to continue therapy and rehabilitation. Learn additional skills in this modified exercise program. Tailored to individual needs.

Age: 16+ M/NM
51401 Tu & Th 6/16-8/6 10:10-10:55 AM \$84/\$106

Certification and Training

Note: For the certification and training classes, there is one fee for members and nonmembers.

Lifeguard Training

Participants must be 15 years old by the completion of the course and must attend all classes. Applicants must pass a pre-test (300 yard swim: 100 front crawl, 100 breaststroke, 100 front crawl or breaststroke; and a deep water brick retrieval within 100 seconds). This American Red Cross course will begin at the conclusion of the pre-test. Upon successful completion students will be issued certification in Lifeguarding, First Aid and CPR. Please view our website for up-to-date training schedules. Visit www.rockvillemd.gov/swimcenter.

Age: 15+	M/NM
51492 Days vary 6/2-6/8 6-10 PM	\$195
51493 Days vary 7/6-7/12 6-10 PM	\$195



Check Out Our Fitness Room

Featuring:

- Rowing Machines
- 5 - Treadmills
- 4 - Elliptical Machines
- 2 - Recumbent Bikes
- 2 - Step/Climber Machines
- 13 pieces - Single Station Strength Training Equipment and Free Weights



240-314-8750 • www.rockvillemd.gov/swimcenter

Water Safety Day

Friday, May 29 • 3:30-6:30 p.m.

Gaithersburg Water Park
512 S. Frederick Ave., Gaithersburg

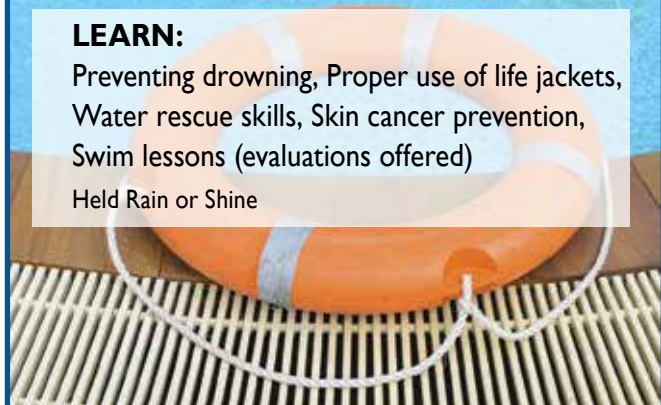
Stay safe at the pool this summer!

FREE swimming event hosted by:
City of Gaithersburg • Montgomery County
City of Rockville

LEARN:

Preventing drowning, Proper use of life jackets,
Water rescue skills, Skin cancer prevention,
Swim lessons (evaluations offered)

Held Rain or Shine



Looking for a local swim team?

**Check out the
Rockville-Montgomery
Swim Club**

- One of the largest and most successful teams in U.S.
- 87 coaches working with 2,037 swimmers at five practice sites.

For more information, contact:
Dave Greene at
dgreene@rockvillemd.gov

Treat your dog to an afternoon



In the pool

Rockville Swim and fitness Center

Doggie Dip Day

Saturday, September 12

Noon - 4 p.m.

240-314-8650

(Subject to change)

Sign up for City of Rockville Emergency Notifications



ALERT Rockville

rockvillemd.gov/alerts



The Alert Rockville notification system relays up-to-the-minute messages to subscribers about public safety, severe weather and traffic.

Signing up is EASY!

1. Create a username and password.
2. Choose the types of alerts you want to receive.
3. Choose and prioritize your preferred method(s) of delivery – text, phone, email.
4. Enter your information - mobile phone number, home phone number, email.
5. Enter up to five locations.

For more information and to sign up, visit www.rockvillemd.gov/alerts.



Public Safety • Severe Weather • Traffic

Cultural Arts



GLENVIEW MANSION

National Register of Historic Places

Enjoy the 1926 grandeur of the Mansion and formal gardens.

Discover Rockville's Hidden Treasure in Rockville Civic Center Park.

Special rental discounts for Rockville residents and businesses.

240-314-8660

www.rockvillemd.gov/glenview
603 Edmonston Drive



Sculpture on the Grounds

29th Annual Outdoor Sculpture Exhibit

Juried Regional Artists Show

Varied Media

July 1 - October 18

www.rockvillemd.gov/art



Cultural Arts



Summer Exhibits

June 7-26

Juliya Ivanilova - Oil on Canvas
 Nighat Ahmed - Painting and Photography
 Jo Levine - Photography
 Free Opening Reception
 Sunday, June 7, 1:30-3:30 p.m.

July 5-24

Alice Marshall Martin - Colored Pencil
 The Art Gallery of Potomac – “Elements of Nature”
 Albert Feldman - Fiber: Quilt Making
 Free Opening Reception
 Sunday, July 5, 1:30-3:30 p.m.



August 2-21

April Rimpo – Water Media
 Shelley Marie - Mix Media
 Carolyn Johnson - Photography
 Kallin and Thweatt - Paintings and Sculpture
 Free Opening Reception
 Sunday, August 2, 1:30-3:30 p.m.

Free – Open to the Public
 No tickets required
 240-314-8682
www.rockvillemd.gov/arts

Sunday Afternoon

Concert Series

Glenview Mansion
 1st Floor Conservatory
 2 p.m.

June 7

Beau Soir Duo

The gorgeous sounds of this flute and harp duo will transport you to another era.

July 5

Nancy Scimone

“Nancy’s voice fills the space with grace and joy, enlivening every listener with her vibrant stage presence, winsome elegance and warm and enveloping voice.” (The Washington Post)



August 2

The Piano Man

Jerry Roman, a.k.a. “The Piano Man,” dares you to have more fun than you will with him! An audience favorite - back by popular demand.

Free-No tickets required.
 240-314-8682
www.rockvillemd.gov/arts

Cultural Arts

ROCKVILLE CIVIC BALLET

Claudia Mangan, Director

Summer Production



Saturday, August 1 at 7:30 p.m.
Sunday, August 2 at 2 p.m.

TICKETS: \$17 Adults; \$13 Children (ages 12 and younger)
\$13 Seniors (ages 60 and older)

GROUP RATES \$16.50 - for seven or more adults
\$12.50 - for 10 or more children/seniors

Assigned seat tickets may be purchased in-person, by phone, or by mail order at the F. Scott Fitzgerald Theatre Box Office beginning July 7.

F. SCOTT FITZGERALD THEATRE
Rockville Civic Center Park

FOR TICKETS: 240-314-8690

Interested in
Ballet lessons?

Check out our children, teen and adult classes.

(see pages 8, 23 and 28)

"FREE FOR ALL"

IN THE PARKS

Check out our fabulous parks this summer!

Thursday Evenings
7:30-8:30 p.m.

June 18

4 Star Combo



High-energy 1950's Rockabilly and Honky Tonk, sounding like a long-lost radio broadcast from 1956!

Montrose Community Center
451 Congressional Lane 20852

June 25

The Tom Lagana Group

Featuring one of the area's finest guitarists
enjoy cool jazz on a hot night!

College Gardens Park, 615 College Pkwy. 20850

July 9

James Mabry

Acoustic Blues Guitar - The real deal: the Blues never sounded so good!

Maryvale Park, 1000 First Street 20850

July 16

The Ledgends: Billy & Carol

Best impersonations you'll ever witness of Frank Sinatra, Rodney Dangerfield, Dean Martin, and a host of characters! Hilarious!

Pump House CC park, 401 S. Horners Lane 20850

Bring a blanket, lawn chair, bug repellent and dinner.

In case of inclement weather,
call 240-314-8682 at 4 p.m., day of event.
www.rockvillemd.gov/arts

F. Scott Fitzgerald Theatre

Rockville Civic Center Park

240-314-8690

605 Edmonston Drive, Rockville, MD 20851

Rockville Chorus

SPRING CONCERT

May 17 at 7:30 p.m.

No tickets required;

\$5 suggested donation

The Washington Balalaika Society

SPRING CONCERT

May 31 at 3 p.m.

Tickets: \$15-\$25

Washington Metropolitan

Gamer Symphony Orchestra

VIDEO GAME MUSIC IN CONCERT

June 6 at 7:00 p.m.

Free Event

Victorian Lyric Opera Company

RUDDIGORE

June 11, 12, 13, 19, 20, 21 at 8:00 p.m.

June 14, 20, 21 at 2:00 p.m.

Tickets: \$16-\$24

Rockville Musical Theatre

BEST LITTLE WHOREHOUSE IN TEXAS

July 10, 11, 17, 18, 24 and 25 at 8:00 p.m.

July 19 and 26 at 2 p.m.

Tickets: \$20-\$22

Rockville Civic Ballet

SUMMER PRODUCTION

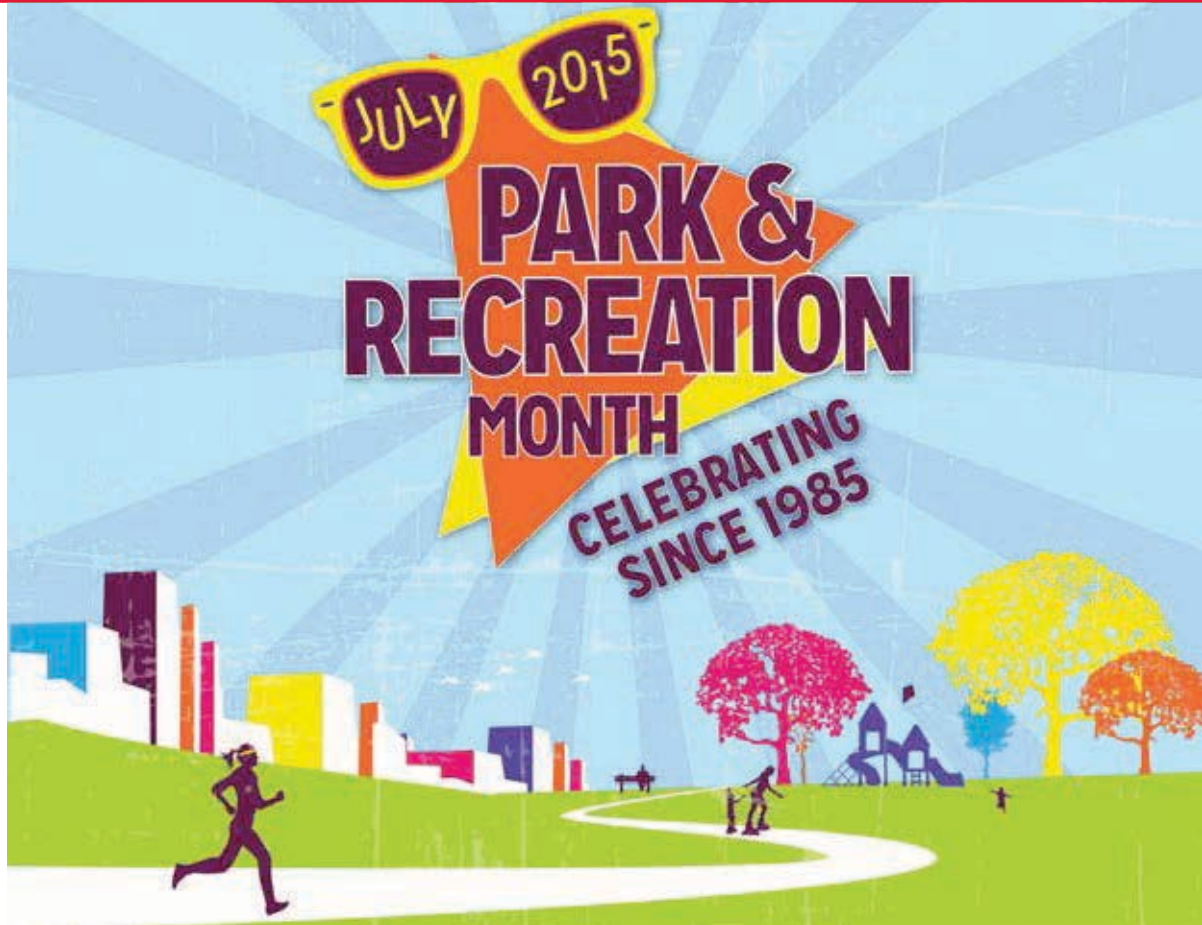
Aug. 1 at 7:30p.m.

Aug. 2 at 2 p.m.

Tickets: \$13-\$17

Box Office is open Tues-Sat., 2-7 p.m.
and two hours prior to ticketed shows.

www.rockvillemd.gov/theatre

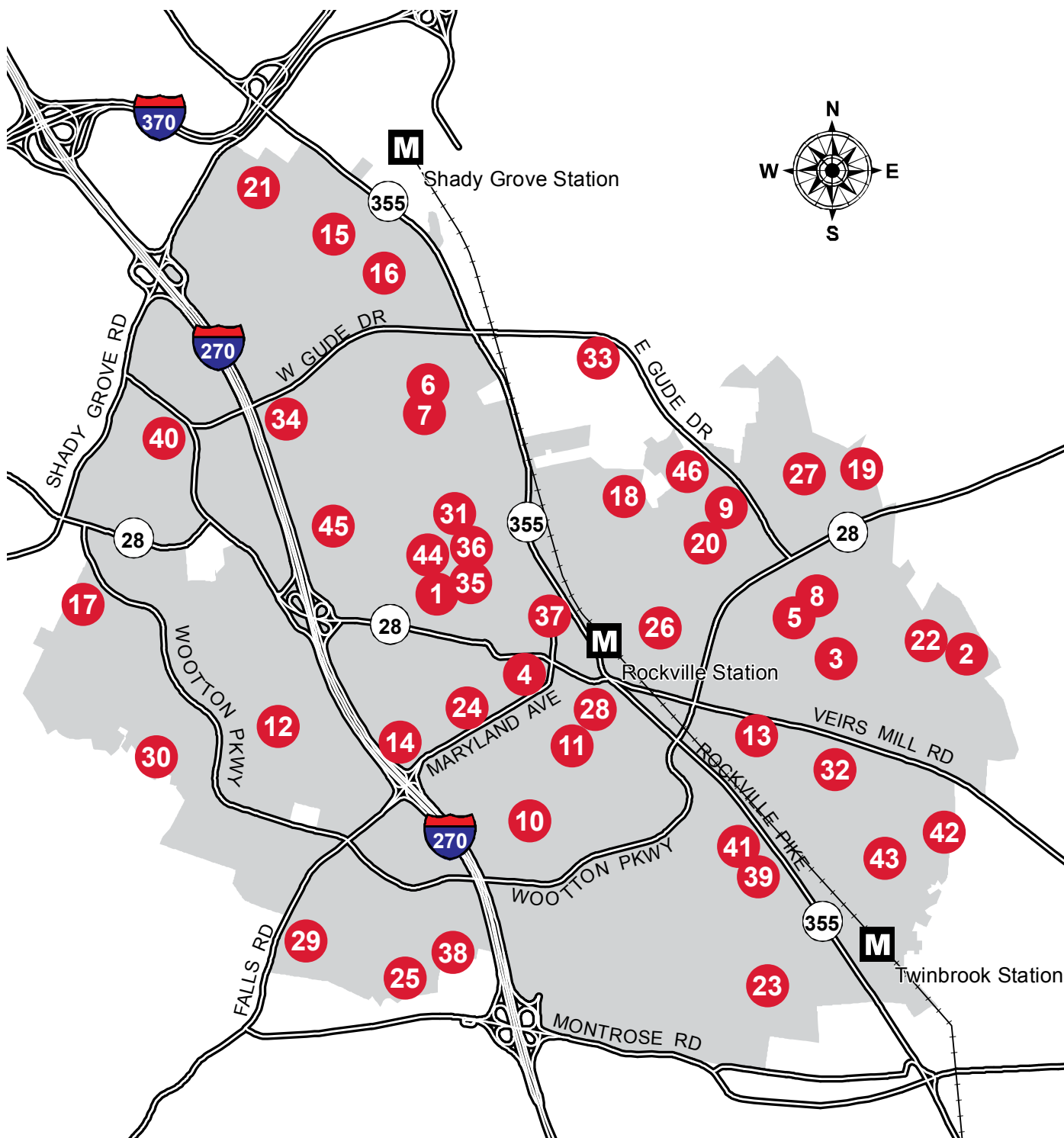


Events for the Month of July

- | | |
|---|--|
| 1 Summer Swim, Rockville Swim and Fitness Center, p. 57 | 17 Learn Ballet, Children and Adults, Various Sites, p. 4, 28 |
| 2 Teens of the Go, Six Flags America, p. 26 | 18 Twilight Runfest, 8K, 1K or 2 mile, p. 36 |
| 3 Take a Hike, Croydon Creek Nature Center, p. 20 | 19 Play Tennis, Dogwood Park or Civic Center |
| 4 Celebrate America's Birthday, Fireworks, Mattie Stepaneck Park, Back Cover | 20 Shoot Hoops, Lincoln Park Community Center |
| 5 Nancy Scimone Concert, Glenview Mansion, P. 68 | 21 Go for a Dip, Rockville Swim and Fitness Center, p. 57 |
| 6 Reading, Writing, Cooking Camp, Thomas Farm Community Center, p. 15 | 22 Science Series: Eric Energy, Twinbrook Recreation Center, p. 18 |
| 7 Teens on the Go, River Tubing, p. 26 | 23 Senior Trip to Allenberry Playhouse, "South Pacific," p. 54 |
| 8 Family Game Night, Twinbrook Recreation Center, p. 35 | 24 Teens on the Go, Splashdown Water Park, p. 27 |
| 9 Seniors Trip to Wolftrap, "Sinatra Sings Sinatra," p. 54 | 25 Local Produce, Rockville Farmer's Market, p. 35 |
| 10 Rockville Musical Theatre, "Best Little Whorehouse in Texas," F. Scott Fitzgerald Theatre, p. 70 | 26 Take the Kids to one of the City's 50 Playgrounds |
| 11 Art Gallery, Glenview Mansion, p. 68 | 27 Check out the Sk8 Park, p. 25 |
| 12 Carl Henn Millennium Trail Bike Ride, p. 37 | 28 Tiny Tot Book Swap, Thomas Farm Community Center, p. 9 |
| 13 Peeking at the President Workshop, Senior Center, p. 44 | 29 Join the Fitness Center at the Rockville Swim & Fitness Center, p. 65 |
| 14 Go Birdwatching, Croydon Creek Nature Center, p. 20 | 30 Little Gardeners, Croydon Creek Nature Center, p. 21 |
| 15 Drop in Chess, Twinbrook Recreation Center, p. 25 | 31 Recruit your friends to play Adult Fall Volleyball, Softball or Basketball, p. 36 |
| 16 Free For All, The Legends of Billy & Carol, Pump House, p. 69 | |

Frequently Used Program Facilities and Parks

1. **Beall ES**, 451 Beall Ave. 20850
2. **Broome Gym and Park**, 751 Twinbrook Pkwy. 20851
3. **Calvin Park**, 1248 Gladstone Dr. 20851
4. **City Hall**, 111 Maryland Ave. 20850
5. **Civic Ctr. Park**, 603 Edmonston Dr. 20851
 - F. Scott Fitzgerald Theatre • Social Hall
 - Glenview Mansion
 - Croydon Creek Nature Center
 - Cottage • Rec. Serv. Bldg.
6. **College Gardens ES**, 1700 Yale Pl. 20850
7. **College Gardens Park**, 615 College Pkwy. 20850
8. **Croydon Creek Nature Ctr.**, 852 Avery Rd. 20851
9. **David Scull Park**, 1131 First St. 20850
10. **Dogwood Park**, 800 Monroe St. 20850
11. **Elwood Smith Com. Ctr.**, 601 Harrington Rd. 20852
12. **Fallsmead ES**, 1800 Greenplace Ter. 20854
13. **Hillcrest Park**, 1150 Crawford Dr. 20850
14. **Julius West MS**, 651 Great Falls Rd. 20850
15. **Kicks Karate**, 800 Pleasant Dr., Suite #140, 20850
16. **King Farm Park**, 401 Watkins Pond Blvd. 20850
17. **Lakewood ES**, 2534 Lindley Ter. 20850
18. **Lincoln Park Com. Ctr.**, 357 Frederick Ave. 20850
19. **Mark Twain Park**, 14501 Avery Rd. 20853
20. **Maryvale ES/Park**, 1000 First St. 20850
21. **Mattie J.T. Stepanek Park**, 1800 Piccard Dr. 20850
22. **Meadow Hall ES**, 951 Twinbrook Pkwy. 20851
23. **Montrose Com. Ctr.**, 451 Congressional Ln. 20852
24. **Monument Park**, 550 Maryland Ave. 20850
25. **Potomac Woods Park**, 2276 Dunster Ln. 20854
26. **Pump House Com. Ctr.**, 401 S. Horners Ln. 20850
27. **RedGate Golf Course**, 14500 Avery Rd. 20853
28. **Richard Montgomery HS**
250 Richard Montgomery Dr. 20850
29. **Ritchie Park ES**, 1514 Dunster Rd. 20854
30. **Robert Frost MS**, 9201 Scott Dr. 20850
31. **Rockcrest Ballet Ctr.**, 1331 Broadwood Dr. 20851
32. **Rock Terrace School**, 390 Martins Ln. 20850
33. **Rockville Skate Park (at Welsh Park)**,
355 Martins Ln. 20850
34. **Rockville Fencing Academy**, 15221 Display Ct. 20850
35. **Rockville Senior Ctr.**, 1150 Carnation Dr. 20850
36. **Rockville Swim and Fitness Center**
355 Martins Ln. 20850
37. **Rockville Town Square**, 200 E. Middle Ln. 20850
38. **The Little Gym**, 1071 Seven Locks Rd. 20854
39. **The School of Music**, 1331 Rockville Pk. 20850
40. **Thomas Farm Com. Ctr.**, 700 Fallsgrove Dr. 20850
41. **Thrive Yoga**, 1321-B Rockville Pk. 20852
42. **Twinbrook ES**, 5911 Ridgway Ave. 20851
43. **Twinbrook Com. Rec. Ctr.**
12920 Twinbrook Pkwy. 20851
44. **Welsh Park**, 344 Martins Ln. 20850
45. **Woodley Gardens Park**, 900 Nelson St. 20850
46. **Xtreme Acro & Cheer**, 14702 Southlawn Ln. 20850



Financial Assistance

Rockville Youth Recreation Fund

Ages 18 and younger

A limited amount of scholarships for program fees are available for **residents of the City of Rockville**. The participant must pay \$15 toward each program fee, unless otherwise specified. The Fund will cover the balance of the fees, up to \$100 maximum per person, per session (fall, winter, spring, summer); \$150 maximum per youth for the camp session; \$1,000 maximum per family, per year as funds permit. Any remaining balance must be paid by the participant. Financial assistance must be applied for in-person at the time of registration.

In addition, qualified participants who enroll their child in a program that meets a child care need and costs more than \$115 per month, are eligible to apply for monthly financial aid assistance of up to \$100 per month, with an additional cap of \$1,000 per family, per year as funds permit. The \$15 fee is applicable to each month. This includes, but is not limited to, preschool, after school and community center extended day programs. Summer camps are not included in this program. Applications for monthly scholarship assistance must be approved by the Superintendent of Recreation and must be applied for in-person at Rockville City Hall with the Recreation Department bookkeeper.

Limited financial assistance is available for Rockville residents, ages 19 and older, based on income. Please call 240-314-8620 for an appointment.

Documents Needed for Financial Assistance:

Participants must provide proof of Rockville residency and verification of any of the following:

- ✓ **Award letter from Maryland Dept. of Human Resources/Montgomery County Dept. of Social Services** verifying eligibility for Temporary Cash Assistance (TCA), Food Stamps (SNAP), Transitional Emergency Medical and Housing Assistance (TEMHA). The letter must indicate eligibility period and names of household members receiving benefits.
- ✓ **Proof participant resides in a shelter:** Letter from shelter dated within a month of application and, if applicable, listing dependents living at shelter.
- ✓ **Proof of Rental Assistance** - Public Housing, HUD Section 8 Housing, HOC (MPDU not accepted for applicants purchasing a home). This must be a current document which names the eligible tenants from the agency providing assistance.
- ✓ **Supplemental Security Income** - Document must be dated within one year of application.

How to Online

24 hours a day/7 days a week
Rock Enroll is our online registration for recreation programs.

- A family account must be set up in advance to register online.
- Go to rockenroll.rockvillemd.gov and complete the online registration form to receive a family account.
- Instructions on how to retrieve your family account and personal ID number will be emailed within 1-2 business days.
- Registration can be completed via fax, mail or walk-in without a family account set up in advance.

Donate to the People-Helping-People



Rockville Youth Recreation Fund

This scholarship fund provides financial assistance to those who would not otherwise be able to participate in our programs and activities.

If you would like to contribute, you may send a check, "add up" on your registration form or donate online at www.rockvillemd.gov/recreation.

Online Donation Course #s

\$ 25 - #46993
 \$ 50 - #46994
 \$ 75 - #46995
 \$100 - #46996

- Click on Rock Enroll
- Click on "Register for Programs"
- Enter your desired donation course number above

Donations by check may be made out in any amount.

Mail to Rockville Department of Recreation and Parks
 "Rockville Youth Recreation Fund Donation"
 111 Maryland Avenue, Rockville, MD 20850



Bridget Donnell Newton, Mayor

Councilmembers

Beryl L. Feinberg, Tom Moore
Virginia D. Onley and Julie Palakovich Carr

Barbara B. Matthews, City Manager
Tim Chesnutt, Director of Recreation and Parks
Terri Hilton, Acting Superintendent of Recreation
Steve Mader, Superintendent of Parks and Facilities

Satisfaction Guarantee

The City is committed to providing quality programs and facilities. If you are unhappy with a program, we want to know! We will suggest another program to try, or if you prefer, we will give you a credit. That's our "Customer Satisfaction Guarantee" to you.

Individuals with Disabilities

We encourage individuals with disabilities to register and participate in Rockville recreation programs. To adequately plan for a successful and rewarding experience, contact our office at 240-314-8620 three weeks prior to the activity start date. Ample time is needed to secure auxiliary services and aides. For additional therapeutic program opportunities, contact Montgomery County Department of Recreation at 240-777-6870; TTY 240-777-6974. Upon request, this publication will be made available in alternate formats by contacting the ADA Coordinator at 240-314-8100; TTY 240-314-8137.

We Need Your Support!



Rockville Recreation and Parks Foundation

is a 501(c)3 organization established to:

- Improve recreational activities, programs, parks and facilities
- Support the Rockville Youth Recreation Fund
- Assist with fundraising, the acquisition and maintenance of new parks and open space
- Purchase equipment and other amenities for the City's parks and facilities.



Please send your tax deductible gift to:

200-B Monroe Street
Rockville, MD 20850
www.rrpfi.org • 240-314-8867

Name: _____

Address: _____

Email: _____

Phone: _____

This gift in in honor / memory of:



Inclement Weather Policy

www.rockvillemd.gov/weather

The City of Rockville works diligently to keep residents safe and informed during inclement weather or an emergency situation. When weather has the possibility of affecting a City program, meeting or facility, every attempt is made to maintain standard operations throughout the City.

Decisions about whether to cancel morning programs or close facilities will be made by 8 a.m. with an update at 9 a.m. A decision on afternoon and evening programs will be made at 1:30 p.m. with an update at 4 p.m. Call 240-314-5023 for updates on recreation classes.

Swim and Fitness Center

Students can check the Swim and Fitness Center website at rockvillemd.gov (click on the "Living In" link) and register for "Notify Me" to receive information regarding facility closures and program cancellations. Students can also call 240-314-8750 to get specific up-to-date information for each weather event. In the absence of any notice, students should assume programs are held as scheduled and the facility is open.

Keep in touch!

Childcare/Rec. Programs (Info. Line).....	240-314-5023
Classes, Camps, Trips	240-314-8620
Croydon Creek Nature Center	240-314-8770
Cultural Arts (Info. Line).....	240-314-5006
Directions Line: City Hall, Civic Center, Senior Center, Swim Center.....	240-314-5047
Lincoln Park Community Center.....	240-314-8780
Parks and Facilities Maintenance.....	240-314-8700
Park and Picnic Rentals.....	240-314-8660
Recreation and Parks Administration	240-314-8600
RedGate Golf Course	240-406-1650
Rockville Skate Park	240-314-8620
Rockville Civic Center Park:	
Art Gallery	240-314-8682
Glenview Mansion	240-314-8660
F. Scott Fitzgerald Theatre Box Office.....	240-314-8690
Rockville Swim and Fitness Center.....	240-314-8750
Rockville Senior Center.....	240-314-8800
Special Events Line (Info. Line)	240-314-5022
Sports Line (Info. Line).....	240-314-5055
Thomas Farm Community Center.....	240-314-8840
Twinbrook Community Rec. Center.....	240-314-8830
TTY (City Hall)	240-314-8137



Nothing cancels a good class quicker than waiting until the last minute to register. If there aren't enough registrations by a certain date, the course may be cancelled.

REGISTER EARLY!



Recreation and Parks Mission Statement

To promote participation by all Rockville citizens in diverse, interesting and high quality recreational and leisure opportunities in safe, modern and well maintained parks and facilities.

CONTACTO PRINCIPAL: *información obligatoria

*Teléfono fijo: _____

☐ Marque este casillero si cambió su dirección/su teléfono desde la última vez que se inscribió.

*Apellido _____ *Nombre _____ Fecha de nacimiento: / / Sexo: M/F

*Dirección: _____

*Ciudad/Estado/Código postal _____

*Teléfono del trabajo _____ * Dirección de correo electrónico: _____

CONTACTO PARA EMERGENCIAS: (que no sean los padres o un adulto participante)

*Teléfono fijo secundario: _____ Apellido _____ Teléfono _____

PARTICIPANTES:

Nombre (Apellido, Nombre)	Sexo M/F	Fecha de nacimiento D/M/A	Nombre de la actividad/clase	N.º de curso	Escuela a la que asiste	Año escolar '15-'16 Grado	Tarifa

Fondo de rec.: \$ _____ Miembro de hogar de ancianos: \$ _____ Descuento por asistencia a varios cursos: \$ _____

Contribución adicional al Fondo de recreación: \$ _____

Total: \$ _____

Necesidades especiales: Los participantes con necesidades especiales deben comunicarse con nuestra oficina tres semanas antes de desarrollar la actividad.**Descargo y exención de responsabilidad, asunción de riesgos y consentimiento**

Participar en el programa puede ser una actividad peligrosa. El participante no debe tomar parte en el programa a menos que se encuentre en buen estado físico y sea apto desde el punto de vista médico. El participante (o su padre/madre/tutor en representación de un niño menor participante) asume todos los riesgos asociados a su participación en este programa, incluidos los que suelen asociarse a este tipo de programa, los riesgos de viajar por caminos públicos, de sufrir accidentes o enfermedades, y de exponerse a las fuerzas de la naturaleza. En relación con el derecho de participar en el programa y con los arreglos hechos para el participante por el Alcalde y el Consejo de Rockville a través de su Departamento de Recreación y Parques en torno a la comida, a los traslados y a la recreación, el participante, sus herederos y albaceas, o su padre/madre o tutor en representación de un niño menor participante, acuerda exonerar e indemnizar al Alcalde y al Consejo de la ciudad de Rockville y a todos sus agentes, funcionarios y empleados de cualquier reclamación por lesiones o pérdida de cualquier persona o propiedad que pudiera surgir o resultar de la participación en el programa. El participante (o su padre/madre/tutor en representación de un niño menor participante) otorga permiso para que un médico o un técnico médico de emergencias administren tratamiento de emergencia al participante y acepta que la Municipalidad use fotografías o videos del programa que incluyan al participante. Ni el instructor ni ningún miembro del personal son responsables de los participantes antes o después del programa establecido.

*Firma del participante/tutor **PAGO**Importe pagado \$ _____ Efectivo ☐ Cheque N.º _____

Vencimiento Fecha ____ / ____

Firma (nombre que aparece en la tarjeta) _____

SÓLO PARA USO DE LA OFICINA:

Cheque _____ Efectivo _____ Cargo _____

Otro _____

Procesado por:

Fecha de procesamiento:

Total pagado: \$

Four Easy Ways to Register!

Registration Begins:

- Tuesday, May 19, 8:30 a.m. by mail, fax, walk-in, online.

Registration Deadlines:

- The registration deadline for all activities is two weeks prior to the start of the class unless otherwise noted.
- Programs may be cancelled if registration is insufficient. If a program is cancelled, we will contact you. You may then select an alternate program, request a credit or a refund.
- Late registrations will be accepted if space is available.

Registration Form and Payment:

- Complete the registration form. You may combine recreation activity fees in one check, made payable to the City of Rockville. Note: \$35 returned check charge.
- Visa and MasterCard also are accepted for payment.

Credits and Refunds:

- If staff cancels a class, refunds will automatically be issued.
- Our programs require advanced planning and purchase of supplies to provide a quality experience, therefore requests for a refund or credit must be submitted in writing to the program supervisor at least seven days in advance of the start of the program. Less than seven days prior to the start of a program, requests for a refund or credit will be considered if accompanied by proper medical or other requested documentation. Proration and administrative fees apply.
- The following administrative fees are charged for issuing a refund or credit: programs/classes \$15; summer playgrounds \$25; childcare \$50; senior programs \$10; sports teams \$100; individual sports participants \$10; swim \$10; teens \$10. A credit will be applied to your City of Rockville account for registrations under \$20 (exceptions: nature, senior, swim and teen programs).
- We are committed to providing quality programs and facilities. If you are unhappy with our services, please contact us. We will suggest another program to try, or if you prefer, will give you a full credit or refund your money. That's our "Customer Satisfaction Guarantee."

Transfers:

- Requests are subject to availability and must be in writing. Registrations cannot be transferred from one registrant to another due to wait lists. Note: \$25 fee is assessed for child care programs.

Discounts:

- Multiple class discounts may not be combined. One discount will be applied per person/per registration.



Most convenient method.
7 days a week.

1. Online:

- www.rockvillemd.gov/recreation
click on Rock Enroll Registration under "Quick Links"

2. Fax to:

- Rockville City Hall - 240-314-8659
- Rockville Swim and Fitness Center - 240-314-8759
- Rockville Senior Center - 240-314-8809
- Croydon Creek Nature Center - 240-314-8779
- Lincoln Park Com. Center - 240-314-8789
- Thomas Farm Com. Center - 240-314-8849
- Twinbrook Com. Rec. Center - 240-314-8839

3. Mail to:

- Rockville City Hall, Dept. of Rec. and Parks
111 Maryland Avenue 20850
- Rockville Swim and Fitness Center
355 Martins Lane 20850
- Rockville Senior Center
1150 Carnation Drive 20850
- Croydon Creek Nature Center
852 Avery Road 20851
- Lincoln Park Community Center
357 Frederick Avenue 20850
- Thomas Farm Community Center
700 Falls Grove Drive 20850
- Twinbrook Community Recreation Center
12920 Twinbrook Parkway 20851

4. Walk-In:

- All locations listed above accept walk-ins. Hours vary by facility. Call in advance to avoid unnecessary trips.



Use your smart phone
for quick access to
our website.

City of Rockville
111 Maryland Avenue
Rockville, Maryland 20850-2364

ECR WSS
Residential Customer

PRESORTED
STANDARD
U.S. POSTAGE PAID
SUBURBAN, MD
PERMIT NO. 63

Celebrate America's Birthday with Rockville!

Saturday, July 4
7-10 p.m.

**New
Location**

Mattie J.T. Stepanek Park

1800 Piccard Drive, Rockville 20850

Join your Friends

Bring your Family

Live Music

Fireworks at Dusk

www.rockvillemd.gov/events